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HOLIDAY WEEKEND NEW YORK
November 23-27, 2011
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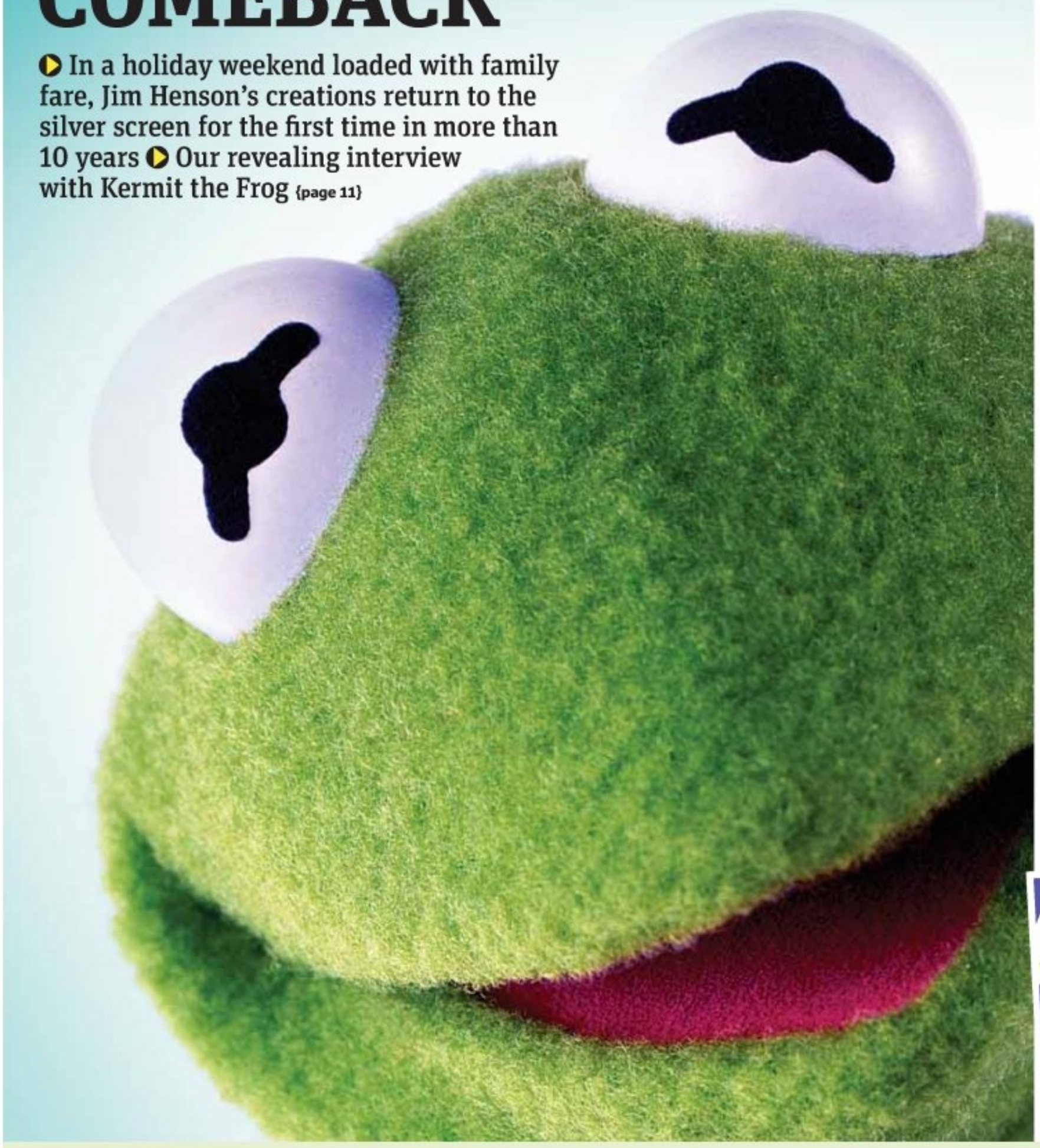
THE MUPPETS MAKE THEIR COMEBACK

In a holiday weekend loaded with family fare, Jim Henson's creations return to the silver screen for the first time in more than 10 years Our revealing interview with Kermit the Frog {page 11}



KARL LAGERFELD: COMING SOON TO A METRO NEAR YOU
NEWS {page 09}

WERE THE ROOTS TOO NASTY TO BACHMANN ON 'FALLON'?
THE WORD {page 26}

NOT INTO COOKING THANKSGIVING DINNER? NO PROBLEM
GOING OUT {page 22}

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In the news

Happy Thanksgiving from Metro

Metro is taking a Thanksgiving break, but we'll be back on the streets Monday morning, Nov. 28. We wish all our readers and advertisers a happy holiday. See you Monday with the latest news, sports, entertainment, real estate, jobs and education updates.

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ONLINE TODAY

WWW.METRO.US/GIFTS
BLACK FRIDAY TIPS AND GIFT PICKS

WWW.METRO.US/TELEVISION
BEHIND THE SCENES AT MACY'S PARADE

WWW.METRO.US/FOOD
ALTON BROWN'S SPROUTS SALAD

Subway brawl leads to stabbing

PARK SLOPE. A man was stabbed over a subway seat Monday in a brawl that started on the train and spilled into the streets, according to the Daily News. The man reportedly argued with two other men over a seat at about 9:40 p.m. on the F train. The trio then got off the subway at the Fourth Avenue/Ninth Street stop in Park Slope. The fighting continued as they walked down the street. One man was stabbed in his back and right leg. He was taken to Long Island College Hospital for treatment for his injuries, which were not life-threatening. METRO/CB

Turkey. Gobble gobble

▶ After seeing this photo of Wild Turkey Bourbon's bird-eating competition, we're not hungry anymore.

STUART RAMSON/INSIDER IMAGES FOR WILD TURKEY 81

All-American comp-eat-ing

In this year's turkey-eating competition, contestants were dared to inhale as many 10-pound roast turkeys as possible in 10 minutes. Sonya "The Black Widow" Thomas took home the $1,581 prize and a gilded turkey trophy when she wolfed down 5.25 pounds of poultry. METRO/CB

▶ Madoff

Madoff started in the 70s?

NEW YORK. Former Bernie Madoff associate David Kugel, 66, pleaded guilty on Monday to helping Madoff operate his Ponzi scheme as early as the 1970s, according to The Washington Post. Kugel admitted in court he created fake trading records for Madoff that helped swindle billions of dollars from investors. Kugel reportedly withdrew millions from the firm on top of his $500K salary. METRO/EAE

Taxman hits New York worst

NEW YORK. Nine of the 10 most heavily taxed neighborhoods in the U.S. are in New York's metropolitan area, IRS data show. The nine neighborhoods paid 1.6 percent of all individual income taxes — eight times their proportionate share of the filing population. BLOOMBERG

How to give thanks for Macy's parade

◗ 85-year-old Big Apple tradition going strong ◗ When to watch, and from where ◗ New balloons debut alongside some of your fave celebs

Get pumped! The national celebration of balloons known as the Macy's Thanksgiving Day Parade is tomorrow, and Metro's got all the intel you'll need to get your fill.

This year, the two-mile extravaganza will begin at 77th Street and Central Park West and make its way south via Seventh and Sixth avenues, finally ending at 34th Street and Seventh Avenue in Herald Square.

The parade will feature staples like Buzz Lightyear and the Pillsbury Doughboy, but you'll also spot a few newcomers — like Paul Frank's Julius (the sock monkey).

This year marks the 85th anniversary of the Seventh Avenue spectacle that began in 1924. The parade begins at 9 a.m. on Thanksgiving Day and lasts three hours. Mary J. Blige, Neil Diamond, Avril Lavigne and the cast and muppets from Sesame Street will march this year.

TIMOTHY A. CLARY/AFP/GETTY IMAGES

▶ Spider-Man floats down Broadway in Times Square in last year's annual Macy's Thanksgiving Day Parade.

Where to watch

- Central Park West between 77th and 59th
- **Central Park South between Eighth and Seventh avenues**
- Seventh Avenue between 59th and 48th streets
- **Sixth Avenue between 42nd and 34th streets**

Spectators hoping for a sneak peek of the inflatables can watch them get blown up beginning at 3 p.m. Wednesday in the Upper West Side by the American Museum of Natural History. The helium insertion process lasts approximately seven hours.

EMILY ANNE EPSTEIN
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Parade by numbers

This year, parade spectators can expect the following:

1,600
Dancers

800
Clowns

59
Giant balloons

11
Marching bands

1
Santa Claus

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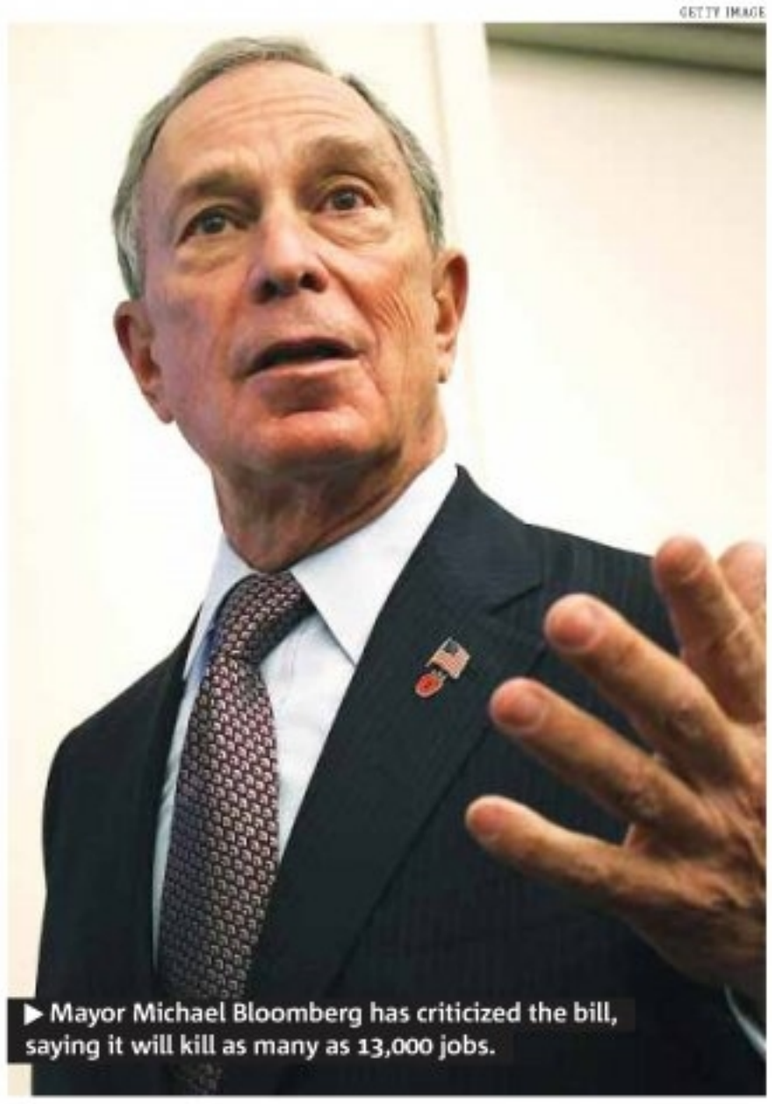
Family offers $5K for cafe owner

DITMAS PARK. The distraught family of a Brooklyn coffee shop owner gone missing has hired a private investigator to find him. Josh Rubin's family members announced in a press conference at the NYPD's 70th Precinct that they hired the investigator and are also offering a $5,000 reward to anyone with information that leads to him. Rubin owns Whisk, a cafe and bakery in Ditmas Park, and was last seen Oct. 31 leaving his apartment in a light-colored sweatshirt and jeans. Rubin is 6-foot-2 and about 180 pounds with a thin build, brown eyes and brunette hair. His family says he is diabetic and might be missing his medication. Anyone with tips can call the NYPD at 800-577-TIPS. METRO/AB

City divided on pitched living wage legislation

GETTY IMAGE



▶ Mayor Michael Bloomberg has criticized the bill, saying it will kill as many as 13,000 jobs.

Proposed legislation would require employers at city-funded projects to pay workers $10 an hour

The City Council is mulling over a living wage bill that supporters say is long overdue, but that foes vow they will never accept.

The bill, which the Council discussed Tuesday afternoon, would require higher pay for those working minimum-pay jobs in projects subsidized by the city.

Projects that receive at least $1 million in city money to be constructed should pay people working at, for example, a Taco Bell in the finished buildings at least $10 an hour, supporters say. The minimum wage right now is $7.25.

The law would not be retroactive; should it pass, it would only apply to new construction projects.

Cities like Philadelphia, Los Angeles and San Francisco already mandate higher minimum wages.

"New York has really been far behind the times."
DAN MORRIS, LIVING WAGE COALITION

Many Council members support the bill, although Speaker Christine Quinn has not publicly taken a stance on the divisive issue.

Opponents include the Real Estate Board of New York, a powerful group of landlords.

REBNY's president, Steven Spinola, has argued that the mandated added expense would mean employers would choose not to hire new employees.

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EMILY ANNE EPSTEIN/METRO

Metro Magic toy drive

▶ Toys purchased by our readers are stacking up!

1: Log on to www.metro.us and look for this Metro Magic logo:

2: One click on the logo will take you to a "Wish List" we have set up via a secure link on ToysRUs.com. Once there, you can see all the toys we've already requested with more added daily. Simply select the toys you want and purchase them. That's it!

▶ Selecting only the toys on our wish list ensures that all the gifts will be shipped to our offices and then picked up by Toys for Tots.

▶ If you donate, e-mail us at **charity@metro.us** letting us know what you gave and we'll shout out a "thank you" in the paper! METRO

GETTY IMAGES

▶ DiNapoli

DiNapoli: Nonprofit misspent

The directors at a Harlem-based nonprofit created to help drug addicts allegedly used taxpayer money to buy jewelry and pay for food, according to State Comptroller Thomas DiNapoli.

On Monday, DiNapoli accused Phase Piggy Back Inc. of illegally funneling hundreds of thousands of dollars in state grants toward personal perks for the organization's CEO and staffers.

The nonprofit spent $93,000 ordering jewelry from Zales and buying food and products off the Home Shopping Network, the audit by DiNapoli's office claimed. METRO/AB

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6 6 4 7 16 34 B D F N Q R Take MTA bus or subway to 34th St./Herald Square. Or take PATH train to 33rd St. station.

MTA scales back Black Friday service

NEW YORK. Prepare to wait for trains as you go about your Black Friday shopping, as the MTA will be running reduced service that day. Riders should anticipate up to five-minute waits for trains, instead of a normal two- to-four-minute wait during rush hour, according to an MTA spokeswoman. METRO/CB

60% Rush hour ridership is usually down 60 percent on the Friday after Thanksgiving, according to the MTA.

Alleged groper nabbed

SOHO. The NYPD arrested a man Tuesday who allegedly groped a woman earlier this month. The 42-year-old woman was about to board an M train at the Broadway and Houston Street station on Nov. 10 when the suspect, caught on videotape, groped her and then fled the station. The NYPD arrested Samuel Mangum and charged him with the crime. METRO/CB

Students take CUNY meeting

Fifteen arrested in violent clash with police Baruch students protesting possible tuition hike

Fifteen Baruch College students were arrested when they crashed a CUNY Board of Trustees meeting Monday night. The students were angry over a planned tuition hike at CUNY, the city's wide network of public universities.

The board meeting was open to the public, but the students refused to move to an overflow room set up to accommodate the large crowds that showed up Monday night, according to university officials. Instead, they surged into the lobby of the building and again refused to leave, officials said.

The students were forced out of the building by CUNY security officers and charged with disorderly conduct and rioting, according to reports.

Some student protesters reported seeing students knocked down by police and some bleeding. Three security officers also suffered minor bruises in the clash, school officials said.

The CUNY students acted independently of the Occupy Wall Street movement, although NYU and New School students met for a rally Monday at Madison Square Park in support of CUNY students.

CARLY BALDWIN
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Tuition hikes protested

NEW YORK. The CUNY Board is mulling a planned tuition hike of $300 a year for the next four years. Right now, CUNY students pay about $5,100 a year for undergraduate tuition. They will vote on the increase at Monday's meeting. METRO/CB

EMMANUEL DUNAND/AFP/GETTY IMAGES

Holidays. Window shopping

▶ Lady Gaga's window design appears to be made of hair.

Buy this way: Gaga display

Lady Gaga took over the windows of Barney's this week, with her "Lady Gaga Boudoir." Gaga also opened her workshop inside the store, 5,500 square feet full of candy, books, toys and clothes created by the singer. A portion of the sales will be donated to her "Born This Way Foundation." METRO/CB

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Former fundraiser sentenced

CHICAGO. A U.S. judge on Tuesday sentenced Antoin "Tony" Rezko, a former Chicago fundraiser for President Barack Obama, to 10 and a half years in prison for corruption and extortion.

Rezko's conviction was among a slew of guilty pleas that led to the conviction in two trials of former Democratic Illinois Gov. Rod Blagojevich and several of his aides. **REUTERS**

Credit cards take focus off actual prices

NEW YORK. The way you look at a product isn't just determined by the quality of the thing itself, but by the method you use to pay for it, whether you realize it or not.

When customers intend to pay with a credit card, they are more likely to focus on a product's benefits, whereas those who pay with cash are more likely to focus on its cost, according to a new study published in the Journal of Consumer Research.

Researchers at the University of Kansas and the University of South Carolina conducted four different experiments with students and found that those using credit cards are more likely to respond to the perks of a particular product and remember the key words related to those benefits afterwards, compared to those paying by cash. **MAINSTREET.COM**

Egypt. Unrest

▶ Egyptian soldiers try to keep thousands of protesters away from riot police during a demonstration in Cairo's Tahrir Square.

KHALED DESOUKI/AFP/GETTY IMAGES

Protesters spurn referendum offer

A roar of defiance rippled through Cairo's Tahrir Square on Tuesday night as thousands of protesters demanding an end to army rule spurned an offer from Egypt's military leader to let the people decide in a referendum. **REUTERS**

Debit card fees under Justice Dept. review

- Banks are being watched closely for any violations of antitrust laws
- Scrutiny comes after BofA gave up $5 debit card fee following backlash

The U.S. Justice Department is conducting an antitrust review of statements and actions by banks and their trade associations about imposing fees on customers who use debit cards.

Assistant Attorney General Ronald Weich described the review in a letter released Tuesday by Rep. Peter Welch, a Democrat from Vermont, who had requested an investigation.

"Please be assured that if it finds that individuals, banks or other parties may have violated the antitrust laws, the department will take appropriate action," Weich wrote in the letter, dated Nov. 16.

Bank of America Corp. said on Nov. 1 that it wouldn't charge debit card users $5 per month, four weeks after the firm's announcement of the fee sparked a backlash from customers and lawmakers. JPMorgan Chase & Co. and Wells Fargo & Co. had previously dropped plans for such charges.

Welch was among five House Democrats who last month asked Attorney General Eric Holder to investigate whether U.S. banks and their trade groups colluded on whether to impose fees in response to caps on what they can charge for using debit cards.

The Federal Reserve, acting on a provision of the 2010 Dodd-Frank Act, imposed rules on Oct. 1 limiting fees card networks charge merchants to 21 cents per transaction, about half what retailers had been paying. In response, lenders including Bank of America and Wells Fargo considered new charges for debit customers to make up some of the $8 billion the largest banks may lose under the rules.

Bank executives and the trade groups representing the industry said during debate over the fee caps that lenders would need to raise other charges on debit-card users. **BLOOMBERG**

Quoted

"While big banks like Bank of America beat a hasty retreat on their debit card fee strategies, I have no doubt that they will continue their quest to dig deeper into the pockets of struggling consumers. As they consider their next move, they should be aware that there is a cop actively on the beat."

ASSISTANT ATTORNEY GENERAL RONALD WEICH

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Send your newsmaker nomination

metro MAN AND WOMAN OF THE YEAR 2011

A surge in nominations for Charlie Sheen as Metro's Man of the Year Tuesday was accompanied by more nominations for Occupy Wall Street and Lara Logan.

But perhaps the most powerful suggestion came from Rick Winterson, of Boston: "There's only one Man of the Year worth considering: Mohamed Bouazizi, the young pushcart peddler whose suicide triggered the Arab Spring, beginning within his own native Tunisia. As horrible as his self-immolation was, it resulted in the first, lasting steps towards freedom for tens of millions of residents of North Africa and the Middle East."

"No other man, no matter how powerful or renowned, came anywhere close to accomplishing that much."

Beat that, Metro readers.

Nominate your Man and Woman of the Year at mwoty@metro.us.

KEEP UP TO DATE: FOLLOW OUR MWOTY BLOG AT WWW.METRO.US

Metro proud to introduce news by Karl

Karl Lagerfeld, the legendary fashion icon who has never shied away from an interesting collaboration, will become global editor-in-chief of Metro International newspapers on Feb. 7.

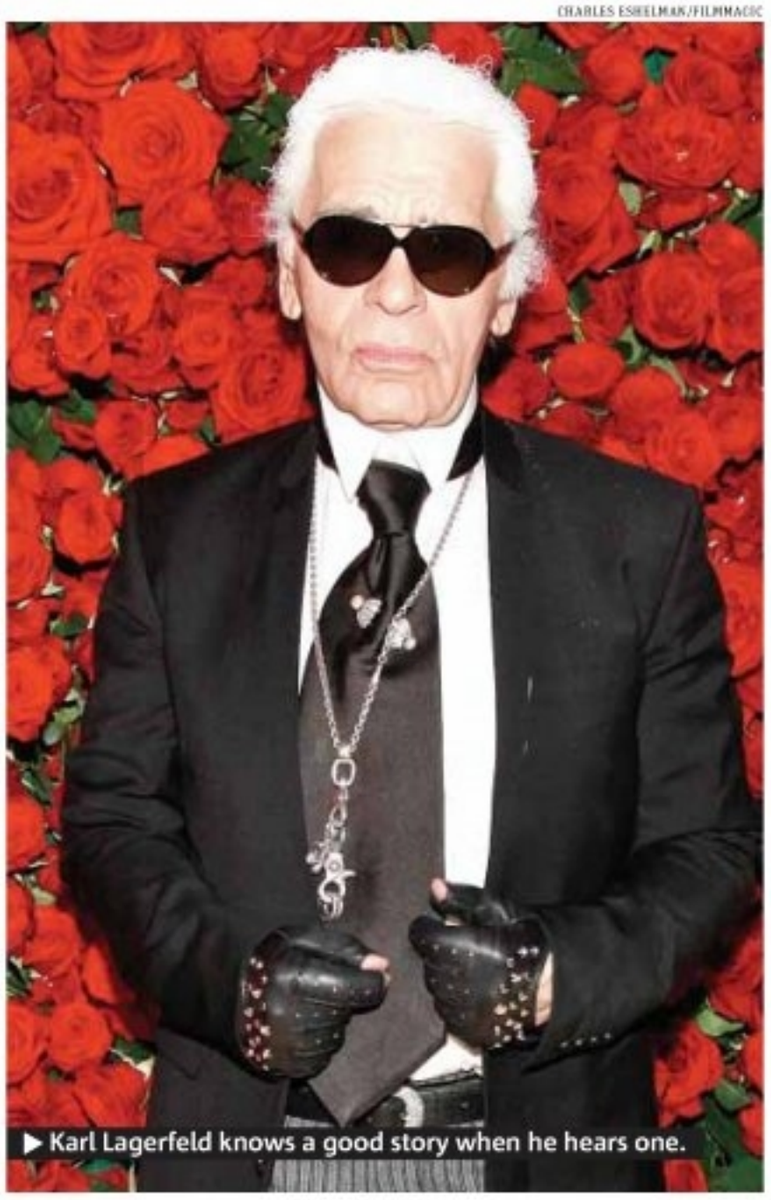
Lagerfeld will guest edit all Metro editions around the world. As part of the project, he will create a series of collectible sketches, illustrations and columns as well as choose the stories for the newspaper and give his notoriously provocative comments on the news of the day.

The issue will also include a series of guest appearances by celebrities and fashion personalities from Karl's world. The collaboration is just one of several moves the creative director of Chanel and Fendi has made toward fashion democracy lately. The special issue will come just weeks after Lagerfeld launches a new lower priced line called "Karl." METRO

Quoted

"I've never done this before and the challenge of Metro is something I can imagine. Metro is very much in the mood of today."
LAGERFELD

CHARLES ESHELMAN/FILMMAGIC



▶ Karl Lagerfeld knows a good story when he hears one.

Survey: Nearly half of US in funds crisis

WASHINGTON. Nearly half of all Americans lack economic security, meaning they live above the federal poverty threshold but still do not have enough money to cover housing, food, health care and other basic expenses, according to a data survey.

The survey, released yesterday by the advocacy group Wider Opportunities for Women, found that 45 percent of U.S. residents live in households that struggle to make ends meet. That breaks down to 39 percent of all adults and 55 percent of all children, the group found. REUTERS

$1.2T
A congressional effort to find $1.2 trillion in spending cuts over 10 years failed on Monday.

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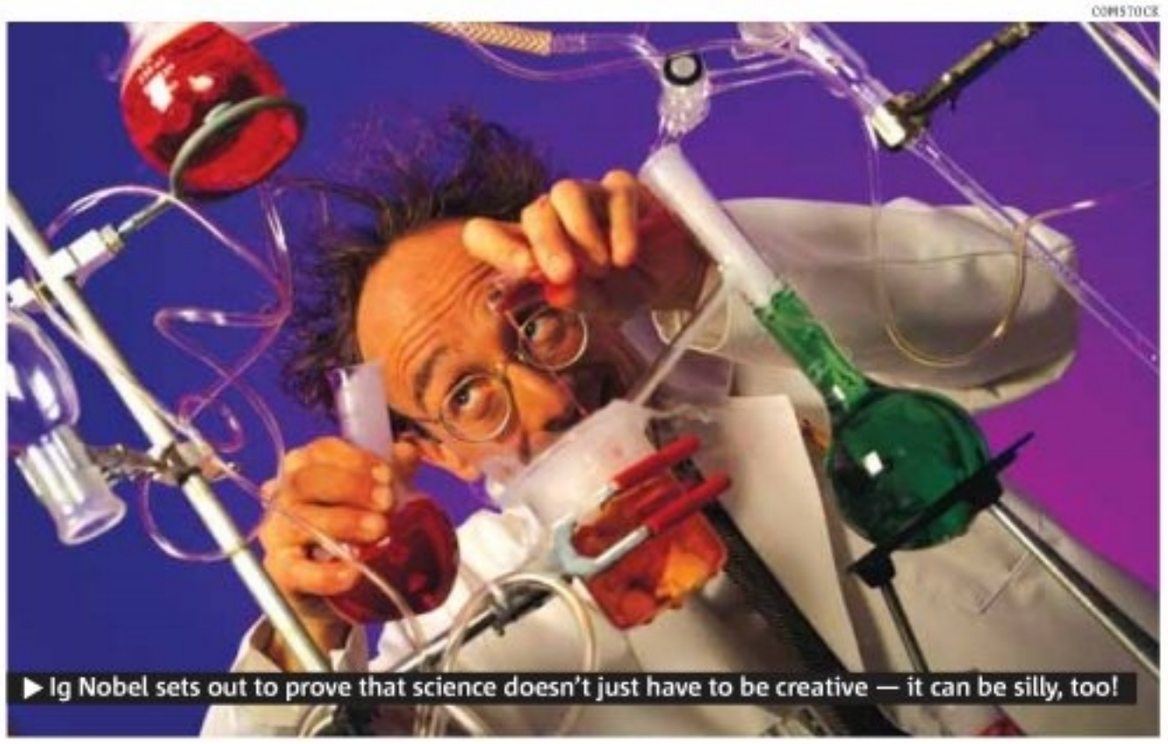

▶ Ig Nobel sets out to prove that science doesn't just have to be creative — it can be silly, too!

At Ig Nobel, mad science wins awards

Time for the annual Ig Nobel Prizes, celebrating silly yet original research projects Past winners involve gay necrophilia in ducks and side effects of sword ingestion

Some of science's wackiest discoveries will be honored tonight at the 21st annual Ig Nobel Prizes at Harvard University.

Inspired by the original Nobel awards, this ceremony recognizes genuine scientific research that might not get big bucks from big corporations but is still packed with mind-boggling originality.

Recent winners include studies on a toy helicopter that collects whale mucus, why woodpeckers don't get headaches and fellatio in fruit bats. Last year's winner in the peace category was a study confirming the widely held belief that saying bad words relieves pain.

"Believe it or not, this too is science," Richard Stephens of Keele University, lead author of 2010's winning entry "Swearing as a Response to Pain", told Metro. "We pride ourselves on communicating this to a wider public — it's not only about white coats in a lab."

Organizer and inventor Marc Abrahams explained to Metro how the ceremony was born: "Twenty years ago, in 1991, I was the editor of Journal of Irreproducible Results and I was suddenly meeting people who did interesting and bizarre things. I wanted to draw attention to these people and their work."

For those budding offbeat scientists who want an Ig Nobel gong, Abrahams has one piece of advice: "You have to do something that makes you laugh at first, and then think. If you show the list of winners to three people, they will all have different opinions about which one is useful, which one is stupid."

This year's nominations are confidential, but a possible 2011 contender is a Japanese study that suggests there's no harm in refraining from teeth-clenching whilst performing mathematical tasks.

The best of ...

A look back at winners through the years:

- **2010:** Asthma can be treated with a roller coaster ride
- **2008:** Role of armadillos in moving artifacts in archaeological sites
- **2007:** Sword swallowing and its side effects
- **2003:** The first documented case of homosexual necrophilia in ducks

Did you know?

Ig is a play on the word "ignoble" meaning baseness, lowness or meanness, and is pronounced "ig-no-bell."

KARIN WASTESON
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METRO WORLD NEWS IN LONDON

60 seconds with ...

▶ Dr. Richard Stephens

WHAT'S BEHIND A CURSE WORD?

Metro spoke with former winners Richard Stephens, John Atkins, and Andrew Kingston.

What did you do?
We investigated whether swearing affects pain tolerance when immersing your hand in icy water. On average, the students in the experiment could hold their hands in the water for longer while repeating a swear word. We actually found that swearing induces a fight-or-flight response, it increases emotional arousal. Swearing is a personal thing, but they usually chose the F-word, s— or bollocks."

What did you get from winning the award?
Well, there was no prize money. Since our study on swearing received the "Peace" prize, it was obviously ironic. But as Sigmund Freud once said, "the first human who hurled an insult instead of a stone was the founder of civilization." Also, this study has no practical usage. It can't be advocated in a health care setting.

Anything else in the pipeline?
Next thing we are figuring out is if it generalizes to chronic pain. Another area is: How long does it last for? The effect of any stimulus finishes after a while, so if we swear, how long is the response for?

HOLIDAY

WEEKEND

2

THE RETURN OF KERMIT THE FROG

- The legend speaks about being a star, whether marriage is in his future
- 'The truth is, I think it's probably not legal in most states,' he admits

NED EHRBAR
METRO WORLD NEWS

Kermit the Frog and his Muppet cohorts haven't graced the silver screen since 1999's "Muppets from Space." So where has the amphibious star been hiding? If his film, "The Muppets," is any indication, Kermit has become a hermit, cloistered in the massive Beverly Hills mansion he used to share with Miss Piggy (now an editor at French Vogue), speaking to almost no one besides his 1980s robot butler/chauffeur. But the famous frog wants to make it clear that the mansion and the seclusion are all for show.

In the film, you're portrayed as rich and out of touch. How true to life is that?

Quoted

"I think my fans know who I really am. I'm a pretty simple frog. When I'm not working, I go back to the swamp, relax and take it easy."
KERMIT, ON HIS PUBLIC PERSONA

Well, that's actually not true at all. We felt like that made a better sort of idea for the story; but no, that's not true. I think my fans know who I really am. I'm a pretty simple frog. When I'm not working, I go back to the swamp, relax and take it easy. I'm not really a part of the whole Hollywood scene, and I've never felt the need to have a big mansion.

Metro's logo is green. Do you think it would be easier for us if we'd chosen a different color?

Well, I don't know. I think you guys should stick to green. As I say, it's the color of spring, it's beautiful. I have no choice, so let's just say you have no choice also.

Are there any causes that are close to your heart?

Well, obviously the environment. I mean, I'm a frog. Us frogs are sort of the barometers for the environment, like the canaries they used to take into the coal mines.

In this political climate, how do you think it would be received if a frog were to marry, say, a pig?

The truth is I think it's probably not legal in most states ... But that's probably a lucky thing for me in the long run, you know? I don't think Piggy and I are actually going to tie the old knot, so to speak. So, I'm not pushing for it.

Does she know that?

Does she know I'm not pushing for it? I think she knows. I think she's, as they say on "Dr. Phil," in denial. By the way, I can only tell you this because she's in a separate room. If she were here, I'd have to go along with it.

No reality stars for 'The Muppet Show'

With early buzz on "The Muppets" strong and positive, talk has quickly turned to the possibility of bringing back the show that started it all, "The Muppet Show." The original series ran from 1976 to 1981 and featured an impressive run of guest stars. So if the show were to return, who would Kermit like to see stop by?

"I look back at the old shows, and we had the top Hollywood folks," Kermit remembers. "Hopefully we could get the same kind of caliber of stars now — the few that are left out there, you know? Nothing against reality TV, but I think if we did nothing but the Kardashians on 'The Muppet Show,' it would be a little strange. So I hope we get the Tom Cruises and the Harrison Fords, you know?"

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Frodo the father

Elijah Wood voices a new dad in 'Happy Feet Two'
But we get the scoop about 'The Hobbit,' too

In the first "Happy Feet," vocally challenged penguin Mumble (voiced by Elijah Wood) got the girl, so it only makes sense that "Happy Feet Two" finds Mumble grappling with fatherhood — something new for the young actor best known for playing a hobbit. We caught up with Wood to talk about his penguin alter ego growing up faster than he is and the joys of job security now that his FX series "Wilfred" has been picked up for a second season. Plus, he gives an update on that other franchise he's a part of.

I'm pretty sure you've never played a father before.
Oh no. [Laughs] Only in the digital realm. I mean, I'm 30 now, so I suppose it's not altogether unbelievable anymore.

How was that to take on as an actor?
It was cool. I think it was a natural progression for Mumble. After he cements his relationship with Gloria at the end of the first film, it's natural that they would have an egg and a baby. So it was cool. It presented a unique, new step in his life.

How does recording with the whole cast — especially Robin Williams — enhance the animation experience?
Well, having him around is delightful and entertaining, certainly, but he also is inspiring. The things that Robin would come up with vocally for both characters he was playing, it just kind of elevated everything. He always brings a certain kind of energy to the piece and to the scenes.

"Wilfred" got pretty dark in the season finale. Will that tone continue in Season 2?
I hope so. I love the whole season, but the latter half of the season — where it started to be more of a blend of the cerebral and surreal — is my favorite combination.

Do you get a lot of dog owners feeling like they can confide in you?
Yeah. That happens a lot. A lot of people responded in the first episode when Wilfred walks in and does the little spin before he sits down on the couch. Like, that's a total dog thing to do.

Elijah Wood gives voice to Mumble, pictured left, in "Happy Feet Two."

NED EHRBAR
METRO WORLD NEWS

Geeking out over 'The Hobbit'

Ever since starring as Frodo Baggins in the "Lord of the Rings" films, Elijah Wood has become a go-to for info on all things Tolkien. And the upcoming two-film adaptation of "The Hobbit" is no exception. So what sort of super-nerdy tidbits is Wood allowed to share? "There are things that I could reveal that I probably can't," he says. "There are some subtle things, like there are new rooms in Bag End that weren't in there before. ... I think what's going to be exciting for fans is how they're telling the linear story of 'The Hobbit,' but they're also telling things that are happening chronologically at the same time that are in the appendices, that are in writings, but aren't necessarily in the text of 'The Hobbit.'"

'The Muppets' are back!

'The Muppets'
Director: James Bobin
Cast: Jason Segal, Amy Adams, Chris Cooper
Rating: ●●●●◐

When "Muppets" superfan Walter (voiced by Peter Linz) learns that a wealthy oil tycoon (Chris Cooper) plans to buy the Muppets' old studio lot to drill for oil, he goes on a mission to reassemble the now-disbanded crew to help them save their property. Walter's brother Gary (Jason Segal) and Mary (Amy Adams) are along for the ride.

Kermit and the gang return.

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It's funny to see what the Muppets have been up to since we last saw them: Fozzie Bear now plays in a Muppet tribute band in Reno, The Moopets, Gonzo owns his own sanitation factory and Miss Piggy is the plus-size editor of Vogue Paris.

With all Muppets in tow, the group plans a telethon to raise the money, with skits like a chicken group number to Cee Lo Green's "Forget You." (Maybe they should have renamed it "Cluck You" for the occasion?)

Hilariously self-referential and filled with star cameos, "The Muppets" doesn't disappoint. Adults will likely laugh as hard, if not harder, than the kids do.

MEREDITH ENGEL

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By Dr. C. Hammoud Ph.D.

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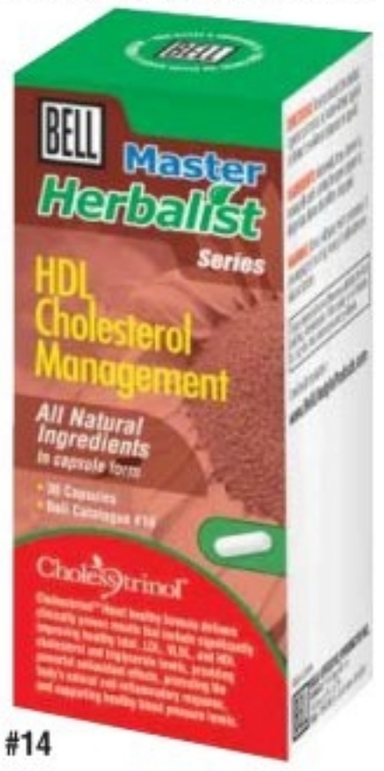
■ **Cholesterol and triglycerides under control!** For the last 5-6 years I have been told that my cholesterol and triglycerides were out of line. After taking Bell Cholesterol Control #14 my doctor said he was amazed about the change. This is a good product. *Jerome Nettles, 51, Monroeville, AL* ■ **All statin drugs gave me pain!** My doctor tried them all on me. So he said to try a natural product. After taking Bell Cholesterol Control #14 I have no more pain. I'm so happy about this. *Deanna O'Neil, 63, Tecumseh, ON.* ■ **I had great success with all Bell health products!** In the last 2 years I had relief with Bell Prostate Ezee Flow Tea, HDL Cholesterol Management, Blood Pressure Combo and Stem Cell Activator. I love your products. They all work for me. Great results. That's all that matters. *Basil Richards, 49, S.W. Ranches, FL* ■ **20 years of high cholesterol alleviated!** I had high cholesterol for 20 years and drugs didn't agree with me. After taking Bell Cholesterol Control #14 for 6 months I had a check-up and was surprised about the big improvement. I was delighted and extremely happy and so was my doctor. Norma Hrysio, 65, Lac Du Bonnet, MB. **We supply TRUE EVIDENCE.**



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He's no Ebenezer

The almost-always jolly actor Bill Nighy is hoping for a second seasonal classic with 'Arthur Christmas'

Nighy

Bill Nighy's elasticity as an actor has served him well. The man perhaps most famous for a playing an aging rock star in "Love Actually" does cantankerous crab and jovial clown with equal measure of believability, which might be why he was chosen to be Grandsanta in "Arthur Christmas." Nighy plays the most recently retired Santa in the multigenerational Claus family. He spoke about playing a cranky old man and his own family's contentious holiday traditions.

SONY PICTURES ANIMATION

▶ Grandsanta, as voiced by Bill Nighy, readies his old sleigh in "Arthur Christmas."

You seem too young for this role.
Yes, thank God. When I went for the job, I thought I was going for Father Christmas and then they said, "No, no, no Jim Broadbent is playing Father Christmas, so it's Grandsanta." Well, he's 136. Thank you for noticing I am not quite 136.

What were your own Christmases like growing up?
We traditionally play games and split the family into two teams. We immediately become fascistic and scream and shout at each other. It's quite seriously scary because people really scream at one another. They immediately become a team; and if you're not used to it, if you're not ready for it, it's a shock.

"Love Actually" has become a Christmas classic. Did you consider that when choosing this project?
I do like the fact that "Love Actually" has entered the Christmas language. I did seriously think when I read the script for "Arthur Christmas," "If they do this halfway decently then it will be a perennial." And I did want to be a part of it.

HEIDI PATALANO
heidi.patalano@metro.us

A movie for everyone and no one

JAAP BUITENDIJK

▶ Asa Butterfield and Chloe Grace-Moretz star in "Hugo."

'Hugo'
Director: Martin Scorsese
Cast: Asa Butterfield, Chloe Grace-Moretz, Ben Kingsley, Sacha Baron Cohen
Rating: PG
Grade: ●●●○○

Many will be scratching their heads seeing the director of "Goodfellas" and "The Departed" attached to a family movie — and one that's shot in 3-D, no less. But once it's clear that this is about seminal filmmaker Georges Melies as much as it is about an orphaned boy living in the clock towers of a French rail station in 1930s, it does makes sense.

While visually gorgeous, "Hugo" seems to be neither a crowd-pleaser nor one of Scorsese's trademark "auteur" pieces. Its high-mindedness can sometimes keep it from being any fun, and its more serious themes aren't fleshed out enough to be as moving as some of Scorsese's best efforts. But the film has heart at its core. It's gorgeous to look at — and while it's too long at over two hours, it's never schmaltzy. "Hugo" seems to be urgently trying to convince us that it's a classic. Surely for some, it will be. ● HEIDI PATALANO

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'My Week with Marilyn'

Michelle Williams stars as Marilyn Monroe in this gauzy, gorgeous film about the week in 1956 that the siren spent in England filming "The Prince and the Showgirl" with the curmudgeonly Sir Lawrence Olivier (played by Kenneth Branaugh). Based on the memoirs of Colin Clark who worked as an assistant director on the set of that movie, "Marilyn" casts an admiring eye on Monroe, whose every giggle left each man on set wide-eyed and slack-jawed. Williams rises to the honor of portraying her, wrapping her lips around every syllable in such a seductive way that by the end, you're truly convinced you just saw the genuine article.

'The Artist'

In the age of 3-D and IMAX movies, director Michel Hazanavicius does the unthinkable by making a silent film about the end of the golden age before "talkies" took over the film industry in the early 1930s. Silent film star George Valentin (Jean Dujardin), once at the top of his game, finds himself displaced by the changes in Hollywood. When attractive extra, Peppy Miller, (Berenice Bejo) rises to fame, Valentin's despair over his lost career clashes with his admiration for this new shining star of the talkies. This masterful little film is getting tons of buzz for its inventive visuals and storytelling. It's one you can't miss if you're going to bet large in your Oscar pool.

LAURENCE CENDROWICZ/ THE WEINSTEIN COMPANY

▶ Michelle Williams enchants as Marilyn Monroe in "My Week with Marilyn."

'A Dangerous Method'

Michael Fassbender is having a hell of a year. Coming off the success of "X-Men: First Class" and reputable remake of "Jane Eyre," his star is set to rise with the one-two punch of his portrayal of Carl Jung here, and next month's NC-17 Steve McQueen film "Shame." But in "Method" Fassbender's Jung and Viggo Mortensen's Sigmund Freud bond over the burgeoning field of psychoanalysis. When Jung's methods become, ahem, "hands on" while treating patient (Keira Knightly), his approach to his life's work is questioned. HEIDI PATALNO

TV watch list

▶ Spider-Man will be slinging webs over NYC in the 85th annual Macy's Thanksgiving Day Parade.

'Macy's Thanksgiving Day Parade'

SPECIAL. The giant balloons — including Snoopy, Paul Frank's Julius (the sock monkey) and a creation by Tim Burton — float through Manhattan in the 85th annual parade.
Thursday, 9 a.m., NBC

'A Very Gaga Thanksgiving'

SPECIAL. The question is not why in the world Lady Gaga is hosting a holiday special featuring musical performances and a sit-down with Katie Couric (the answer is pop culture saturation and money, obviously). It's whether she will dress as a sexy pilgrim or just wear the turkey and trimmings.
Thursday, 9:30 p.m., ABC

'Happiness is a Warm Blanket, Charlie Brown'

ANIMATED. The Peanuts gang thinks they can convince Linus to give up his blanket. Right. Just like Charlie Brown thinks one day he's going to kick that football.
Thursday, 8:30 p.m., Fox

'Suburgatory'

COMEDY. Tessa and George have their first Thanksgiving in the 'burbs. Hope the turkeys there aren't plastic, too.
Wednesday, 8:30 p.m., ABC

'The Walking Dead'

DRAMA. Hershel continues to pressure the Atlanta survivors to leave his farm — possibly because he's been keeping a barn full of "sick" people a secret.
Midseason finale, Sunday, 9 p.m., AMC AMBER RAY

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Sir Ben Kingsley comes into sharp focus

▶ Ben Kingsley is legendary film director Georges Méliès in "Hugo."

'The Dictator'

Sacha Baron Cohen co-stars with you here, but you'll also appear alongside him in "The Dictator." Tell us about your character in that film.
It was either like being on a Chaplin set or a Marx Brothers set with that great genius pouring out of the central character. Everyone has their function. Mine, thank goodness, was the straight man because to try to be funny around Sacha is suicidal. You're never going to match up to that. My comedy lay in deadpan. He plays a dictator — recognizable, very bizarre. He invented this two years before [the Arab Spring] started. I play his head of security and procurer of women, straight-faced.

HEIDI PATALANO
heidi.patalano@metro.us

Last year he played a mysterious doctor in Martin Scorsese's "Shutter Island" and now Sir Ben Kingsley partners up once again with "Marty" as he affectionately calls him, but for lighter fare. In "Hugo," Sir Kingsley plays one of the world's first filmmakers ever, Georges Méliès, who directed "A Trip to the Moon" and hundreds of other silent films in the early 20th century. Sir Kingsley gave Metro a few moments of his undivided attention to chat about the 3-D filmmaking of "Hugo" and his upcoming film, "The Dictator."

George Méliès' film "A Trip to the Moon" is one of the most iconic early films ever made. Do you remember where and when you first saw it?
When I was at school, we were able to watch some of cinema's masterpieces that came from way back. I think in and amongst them was "Trip to the Moon" because I know I'd seen it before I got [Martin Scorsese's] offer. It was so familiar.

Did shooting in 3-D for "Hugo" affect your performance at all?
Yes. The 3-D camera brought a kind of bonus where it was detail, detail, — very little CGI — which fed our performances tremendously and kept us in character beautifully. Also, the scrutiny of a 3-D camera is quite alarming. I noticed fairly early on that the 3-D camera can see what you've done before you've done it. You can see the most delicate changes of body language and facial expression, almost pulse and heartbeat. Of course, Mr. Scorsese would also say, "keep it simple. Keep it honest." I mean, that's almost his maxim.

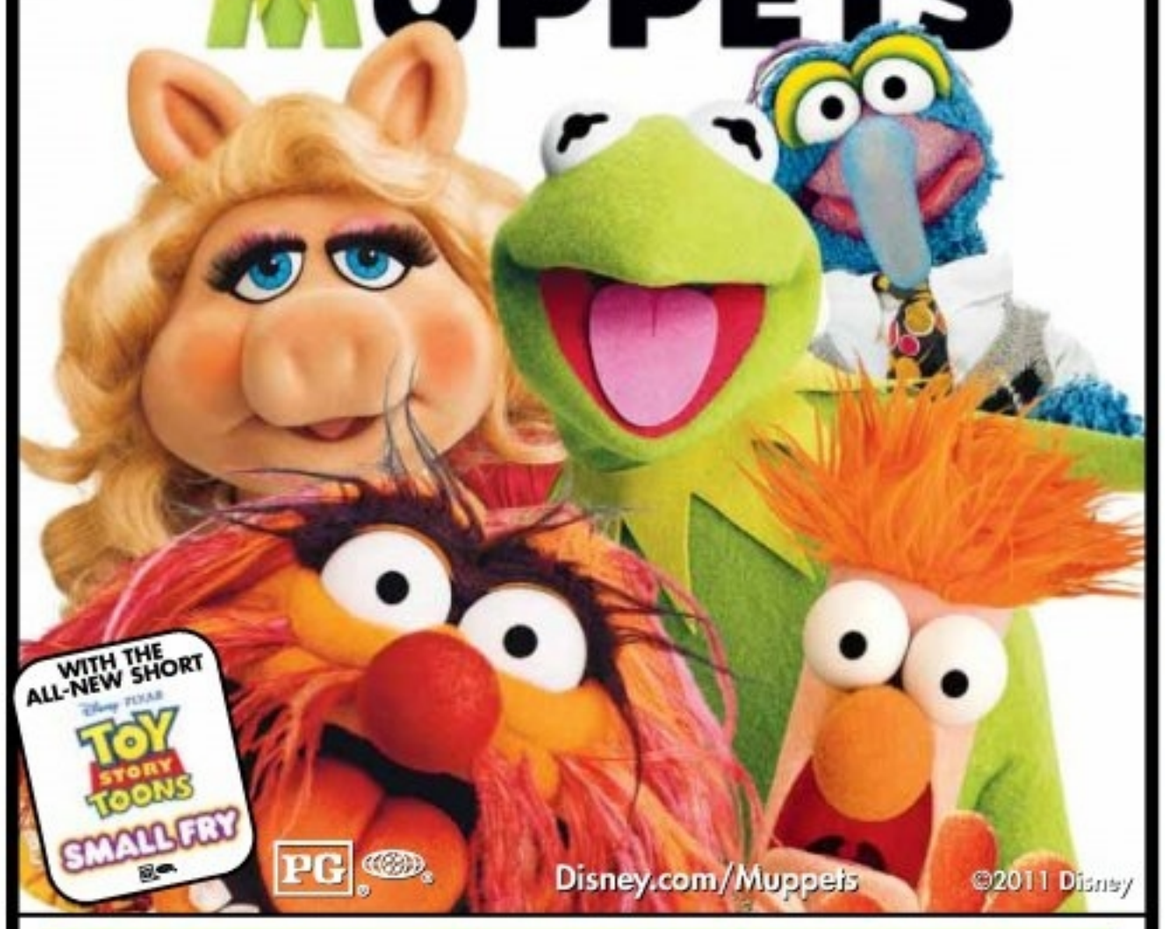
Quoted

"The 3-D camera can see what you've done before you've done it."
KINGSLEY ON CHANGING HIS APPROACH TO ACTING WHEN BEING SHOT IN 3D

On the set of "Hugo" you were known for staying in character as Méliès in his later years, when he was quite cranky and withdrawn. Why?
Staying in character for me was almost mandatory. I'm quite fit and slim but I had to strap on this pot belly and I had to strap on this hump in my shoulders to have this depressed body. I felt, it was going to be a huge effort to take all this off so I thought, "I must stay in character." Even though he was a sad man and somewhat defeated, I quite enjoyed that I had to stay in character. I found it really fed the work.

"NOT JUST THE YEAR'S BEST FAMILY FILM, IT'S ONE OF THE YEAR'S BEST FILMS—PERIOD."
Jake Hamilton, FOX-TV

THE MUPPETS



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42nd Street Between 7th and 8th Avenues
THE DESCENDANTS (R) Fri and Sat 10:15, 11:15, 12:15, 1:15, 2:15, 3:15, 4:15, 5:15, 6:15, 7:15, 8:15, 9:15, 10:15, 11:15, 12:15.C INDEPENDENT;Digital Presentation; Sun 10:15-11:15-12:15-1:15-2:15-3:15-4:15-5:15-6:15-7:15-8:15-9:15-10:15-11:15.C INDEPENDENT;Digital Presentation
HUGO 3D (PG) Fri and Sat 12:40, 3:50, 7:00, 10:10. RealD 3D; Sun 10:10. RealD 3D

AMC Loews Kips Bay 15
888-AMC-4FUN
Corner of 31st Street and 2nd Avenue
HUGO 3D (PG) 9:40, 12:30, 3:20, 6:10, 9:00, 11:50. RealD 3D
TOWER HEIST (PG-13) Sat 9:50, 12:20, 2:50, 5:20, 7:50, 10:20. Digital Presentation

Regal Union Square Stadium 14
800-326-3264 628
13th & Broadway
THE DESCENDANTS (R) Fri and Sat 10:20, 11:00, 1:00, 2:00, 3:45, 4:45, 6:30, 7:30, 9:15, 10:15, 12:00; Sun 10:20-11:00-1:00-2:00-3:45-4:45-6:30-7:30-9:15-10:15.
HAPPY FEET TWO (PG) 10:00, 12:20, 2:50, 5:20
HAPPY FEET TWO IN 3D (PG) Fri and Sat 11:20, 1:50, 4:20, 7:10, 9:40, 12:05. RealD 3D; Sun 11:20-1:50-4:20-7:10-9:40. RealD 3D
HUGO (PG) 11:15, 2:10, 5:05, 7:50, 10:45
HUGO 3D (PG) Fri and Sat 12:15, 3:15, 6:05, 9:00, 11:50. RealD 3D; Sun 12:15-3:15-6:05-9:00. RealD 3D
IN TIME (PG-13) 3:05, 8:05
J. EDGAR (R) Fri and Sat 11:50, 3:00, 6:40, 7:45, 10:00, 11:05, 12:20; Sun 11:50-3:00-6:40-7:45-10:00-11:05.
JACK AND JILL (PG) Fri and Sat 12:00, 2:30, 5:00, 7:20, 9:45, 12:10; Sun 12:00-2:30-5:00-7:20-9:45.
LIKE CRAZY (PG-13) Fri 11:30, 12:35, 1:45, 4:30, 5:40, 7:05, 9:25, 10:40, 11:40; Sat 11:30-12:35-1:45-4:30-5:40-9:25-10:40-11:40.; Sun 11:30-12:35-1:45-4:30-5:40-7:05-9:25-10:40.
THE MUPPETS (PG) 10:50, 12:10, 1:40, 2:40, 4:25, 5:25, 7:00, 8:10, 9:50, 10:55
PUSS IN BOOTS (PG) 10:10, 3:10, 8:15
PUSS IN BOOTS 3D (PG) 12:30, 5:30, 10:35. RealD 3D
TOWER HEIST (PG-13) 12:40, 3:20, 5:50, 8:20, 11:00
WE BOUGHT A ZOO (PG) Sat 7:00

AMC Loews 34th Street 14
888-AMC-4FUN
312 W. 34th St.; between 8th and 9th Avenues
CALL THEATER FOR SCHEDULE.

AMC Loews Lincoln Square 13
888-AMC-4FUN
1998 Broadway
ARTHUR CHRISTMAS 3D (PG) 10:45, 1:35, 4:20, 7:10, 9:50. RealD 3D
THE DESCENDANTS (R) 10:00, 11:00, 1:00, 2:00, 4:00, 5:00, 7:00, 8:00, 10:00, 11:00.C INDEPENDENT;Digital Presentation
HAPPY FEET TWO: AN IMAX 3D EXPERIENCE (PG) 10:25, 1:20, 4:10, 7:00, 9:45. IMAX 3D
HUGO 3D (PG) 10:05, 1:10, 4:15, 7:25, 10:35. RealD 3D
IMMORTALS 3D (R) 11:05, 1:55, 4:45, 7:35, 10:25. RealD 3D
J. EDGAR (R) 9:30, 12:10, 3:25, 6:40, 9:55. Digital Presentation
LIKE CRAZY (PG-13) 9:50, 12:15, 2:40, 5:10, 7:40, 10:15.C INDEPENDENT;Digital Presentation
THE MUPPETS (PG) Fri and Sat 10:50, 1:40, 4:30, 7:20, 10:10, 12:20. Digital Presentation; Sun 10:50-1:40-4:30-7:20-10:10. Digital Presentation
MY WEEK WITH MARILYN (R) Fri and Sat 9:45, 12:20, 2:55, 5:30, 8:10, 10:45, 12:35.C INDEPENDENT;Digital Presentation; Sun 9:45-12:20-2:55-5:30-8:10-10:45.C INDEPENDENT;Digital Presentation
TOWER HEIST (PG-13) 10:55, 1:45, 4:35, 7:15, 10:05. Digital Presentation
THE TWILIGHT SAGA: BREAKING DAWN - PART 1 (PG-13) Fri and Sat 10:25, 1:25, 4:25, 7:30, 10:30, 12:50. Digital Presentation; Sun 10:25-1:25-4:25-7:30-10:30. Digital Presentation
A VERY HAROLD & KUMAR 3D CHRISTMAS (R) 12:45, 3:10, 5:35, 8:05, 10:40. RealD 3D

Regal E-Walk 13
800-326-3264
247 W 42nd St @ 8th Ave - In Times Square
ARTHUR CHRISTMAS (PG) 10:20, 12:40, 3:05, 5:35, 8:05, 10:40
ARTHUR CHRISTMAS 3D (PG) 11:35, 2:05, 4:35, 7:05, 9:40, 12:10. RealD 3D
IMMORTALS (R) 12:30, 3:00, 5:45, 8:10, 10:45
IMMORTALS 3D (R) 11:40, 2:10, 4:50, 7:20, 9:55, 12:30. RealD 3D
THE MUPPETS (PG) 10:40, 11:20, 12:20, 1:15, 1:55, 2:55, 3:50, 4:30, 5:30, 6:30, 7:15, 8:15, 10:00, 10:55, 12:45
PARANORMAL ACTIVITY 3 (R) 9:10, 11:20
PUSS IN BOOTS (PG) 12:25, 5:05, 10:05
PUSS IN BOOTS 3D (PG) 10:15, 2:50, 7:30. RealD 3D
TOWER HEIST (PG-13) 12:00, 2:40, 5:25, 8:20, 11:00
THE TWILIGHT SAGA: BREAKING DAWN - PART 1 (PG-13) 11:30, 12:10, 2:20, 3:15, 5:10, 6:00, 8:00, 8:50, 10:50, 11:40; 10:30-1:20-4:10-7:00-9:50-12:40. RPX
A VERY HAROLD & KUMAR 3D CHRISTMAS (R) 12:15, 2:30, 4:45, 7:10, 9:30, 12:00

Regal Battery Park Stadium 11
800-326-3264 629
102 North End Avenue - Vesey & West Street
ARTHUR CHRISTMAS (PG) 10:40, 11:50, 4:50, 10:15
ARTHUR CHRISTMAS 3D (PG) 2:25, 7:30. RealD 3D
HAPPY FEET TWO (PG) 11:15, 4:30, 9:45
HAPPY FEET TWO IN 3D (PG) Fri and Sat 10:35, 2:00, 7:10, 12:10. RealD 3D; Sun 10:35-2:00-7:10. RealD 3D
HUGO (PG) Fri and Sat 5:05, 12:25; Sun 5:05.
HUGO 3D (PG) 11:10, 2:10, 7:55, 10:45. RealD 3D
IMMORTALS (R) 12:50, 5:45, 10:40
IMMORTALS 3D (R) 3:15, 8:15, 12:30. RealD 3D
J. EDGAR (R) Fri 12:55. CC/DVS-Closed Captions & Descriptive Video Service; Fri 4:00-7:15-10:30-11:50.; Sat 4:00. CC/DVS-Closed Captions & Descriptive Video Service; Sat 12:55-7:15-10:30-11:50.; Sun 4:00-7:15.; Sun 12:55-10:30. CC/DVS-Closed Captions & Descriptive Video Service
JACK AND JILL (PG) 12:25, 2:50, 5:20, 7:40, 10:10
THE MUPPETS (PG) 11:20, 2:15, 4:45, 7:20, 10:00
PUSS IN BOOTS (PG) 12:20, 2:40, 5:00, 7:25, 9:40
TOWER HEIST (PG-13) 12:00, 2:30, 5:15, 7:45, 10:20
THE TWILIGHT SAGA: BREAKING DAWN - PART 1 (PG-13) Fri and Sat 10:40, 11:30, 1:20, 2:15, 4:10, 5:10, 7:05, 8:00, 9:50, 10:50, 12:30; Sun 10:40-11:30-1:20-2:15-4:10-5:10-7:05-8:00-9:50-10:50.

Clearview's Chelsea
212-777-FILM
260 West 23rd Street at 8th Avenue; Between 7th & 8th Avenues
THE DESCENDANTS (R) Fri and Sat 12:15, 3:00, 6:00, 9:00, 12:00. CC/DVS-Closed Captions & Descriptive Video Service; 10:50-1:50-4:40-7:30-10:30. Digital Projection; Sun 12:15-3:00-6:00-9:00. CC/DVS-Closed Captions & Descriptive Video Service
HUGO 3D (PG) 10:30, 1:30, 4:30, 7:45, 10:45
THE IDES OF MARCH (R) 10:45, 4:00, 9:15
J. EDGAR (R) 12:45, 3:45, 7:15, 10:15
MARGIN CALL (R) 12:00, 2:45, 5:30, 8:15, 10:50. Digital Projection
MARTHA MARCY MAY MARLENE (R) 1:15, 6:45
MY WEEK WITH MARILYN (R) Fri and Sat 11:15, 1:45, 4:15, 7:00, 9:45, 12:15. Digital Projection; Sun 11:15-1:45-4:15-7:00-9:45. Digital Projection
THE ROCKY HORROR PICTURE SHOW (R) Fri and Sat 12:00
THE TWILIGHT SAGA: BREAKING DAWN - PART 1 (PG-13) 11:00, 2:00, 5:00, 8:00, 11:00. Digital Projection; Fri and Sat 12:30-3:30-6:30-9:30-12:20.; Sun 12:30-3:30-6:30-9:30.

AMC Magic Johnson Harlem 9
888-AMC-4FUN
2309 Frederick Douglass Boulevard & 124th Street
THE MUPPETS (PG) 10:45, 1:40, 4:35, 7:30, 10:25. Digital Presentation

AMC Loews Orpheum 7
888-AMC-4FUN
3rd Avenue & 86th Street
Fri and Sat 10:50, 1:45, 4:40, 8:00, 11:00. Digital Presentation; Sun 1:45-4:40-8:00-11:00. Digital Presentation

AMC Loews Village 7
888-AMC-4FUN
66 Third Avenue at 11th Street
50/50 (R) 10:15, 12:45, 3:15, 5:45, 8:30, 10:50. Digital Presentation
ARTHUR CHRISTMAS (PG) 10:00, 3:05, 8:15. Digital Presentation
ARTHUR CHRISTMAS 3D (PG) 10:00, 5:00, 10:00. RealD 3D
HAPPY FEET TWO IN 3D (PG) 10:15, 1:15, 4:00, 7:15, 9:50. RealD 3D
JACK AND JILL (PG) 10:00, 12:30, 2:45, 5:15, 7:45, 10:15. Digital Presentation
THE MUPPETS (PG) 10:30, 1:30, 4:15, 7:00, 9:40. Digital Presentation
PUSS IN BOOTS 3D (PG) 9:45, 12:00, 2:15, 4:30, 6:45, 9:15. RealD 3D
THE TWILIGHT SAGA: BREAKING DAWN - PART 1 (PG-13) 10:45, 1:45, 4:45, 8:00, 10:45. Digital Presentation
THE ARTIST (PG-13) Fri and Sat 10:00, 11:00, 11:30, 12:15, 1:15, 2:30, 3:30, 4:10, 4:45, 5:45, 6:30, 7:00, 8:00, 9:15, 10:15, 11:30; Sun 10:00-11:00-11:30-12:15-1:15-2:30-3:30-4:10-4:45-5:45-6:30-7:00-8:00-9:15-10:15.
MARGIN CALL (R) Fri and Sat 1:45, 8:45, 11:00; Sun 1:45-8:45.
MARTHA MARCY MAY MARLENE (R) 11:00, 1:15, 3:30, 5:45, 8:05, 10:25
MELANCHOLIA (R) 10:45, 1:35, 4:25, 7:15, 10:00
MY WEEK WITH MARILYN (R) Fri and Sat 12:00, 2:15, 4:30, 7:20, 9:40, 12:00; Sun 12:00-2:15-4:30-7:20-9:40.
SPECIAL EVENT (NR)

Lincoln Plaza Cinemas
212-757-2280
1886 Broadway
A DANGEROUS METHOD (R) 11:00, 11:55, 12:55, 1:55, 3:00, 4:05, 4:40, 5:05, 6:30, 7:10, 8:40, 9:15, 9:40, 10:40
LE HAVRE (NR) 11:30, 1:20, 3:30, 5:25, 7:30, 9:35
MELANCHOLIA (R) 11:05, 12:00, 1:30, 2:30, 5:10, 6:50, 7:50, 10:30
THE SKIN I LIVE IN (LA PIEL QUE HABITO) (R) 11:10, 1:15, 3:25, 5:45, 8:05, 10:20

AMC Loews 84th Street 6
888-AMC-4FUN
2310 Broadway
ARTHUR CHRISTMAS (PG) 2:00, 7:30. Digital Presentation
ARTHUR CHRISTMAS 3D (PG) 11:00, 5:00, 10:00. RealD 3D
HAPPY FEET TWO IN 3D (PG) 10:15, 1:15, 4:00, 7:15, 9:50. RealD 3D
JACK AND JILL (PG) 10:00, 12:30, 2:45, 5:15, 7:45, 10:15. Digital Presentation
THE MUPPETS (PG) 10:30, 1:30, 4:15, 7:00, 9:40. Digital Presentation
PUSS IN BOOTS 3D (PG) 9:45, 12:00, 2:15, 4:30, 6:45, 9:15. RealD 3D
THE TWILIGHT SAGA: BREAKING DAWN - PART 1 (PG-13) 10:45, 1:45, 4:45, 8:00, 10:45. Digital Presentation

AMC Loews 19th St. East 6
888-AMC-4FUN
890 Broadway At 19th St.
ARTHUR CHRISTMAS 3D (PG) 11:05, 1:35, 4:25, 7:15, 10:05. RealD 3D
IMMORTALS 3D (R) Fri and Sat 11:35, 2:10, 5:00, 7:45, 10:30. RealD 3D; Sun 2:10-5:00-7:45-10:30. RealD 3D
THE TWILIGHT SAGA: BREAKING DAWN - PART 1 (PG-13) 11:00, 12:00, 1:00, 2:00, 3:10, 4:00, 5:00, 6:15, 7:00, 8:00, 9:15, 10:00, 11:15. Digital Presentation
A VERY HAROLD & KUMAR 3D CHRISTMAS (R) 11:50, 2:15, 4:40, 7:15, 10:10. RealD 3D

Clearview's 1st & 62nd Street
212-752-0694
400 East 62nd Street - At 1st Avenue
CALL THEATER FOR SCHEDULE.

Coliseum Cinemas
212-740-1545
703 West 181st Street at Broadway
CALL THEATER FOR SCHEDULE.

Landmark Sunshine Cinema
212-330-8182 687
Houston St. betw. 1st & 2nd Aves.
THE BIG LEBOWSKI (R) Fri and Sat 12:00
A DANGEROUS METHOD (R) Fri and Sat 11:00, 12:00, 1:30, 2:30, 4:00, 5:00, 7:00, 8:00, 9:30, 10:15, 12:20; Sun 11:00-12:00-1:30-2:30-4:00-5:00-7:00-8:00-9:30-10:15.
RAMPART (R) 12:30, 2:40, 4:50, 7:10, 9:20
THE SKIN I LIVE IN (LA PIEL QUE HABITO) (R) 11:30, 11:55, 2:00, 2:25, 4:30, 4:55, 7:05, 7:50, 9:35, 10:20

City Cinemas East 86th St.
800-FAN-DANG 2706
210 East 86th Street, Between 2nd and 3rd Avenues
CALL THEATER FOR SCHEDULE.

Quad Cinema
212-255-8800
13th St., between 5th and 6th Aves.
GARBO: THE SPY (GARBO: EL ESPÍA) (NR) 1:00, 3:00, 5:00, 7:15, 9:30
IN THE FAMILY (NR) 1:00, 4:30, 8:00
MONEYBALL (PG-13) 1:00, 3:45, 6:30, 9:10
ROMANTICS ANONYMOUS (LES EMOTIFS ANONYMES) (NR) 1:10, 3:10, 4:55, 6:40, 8:25, 10:05

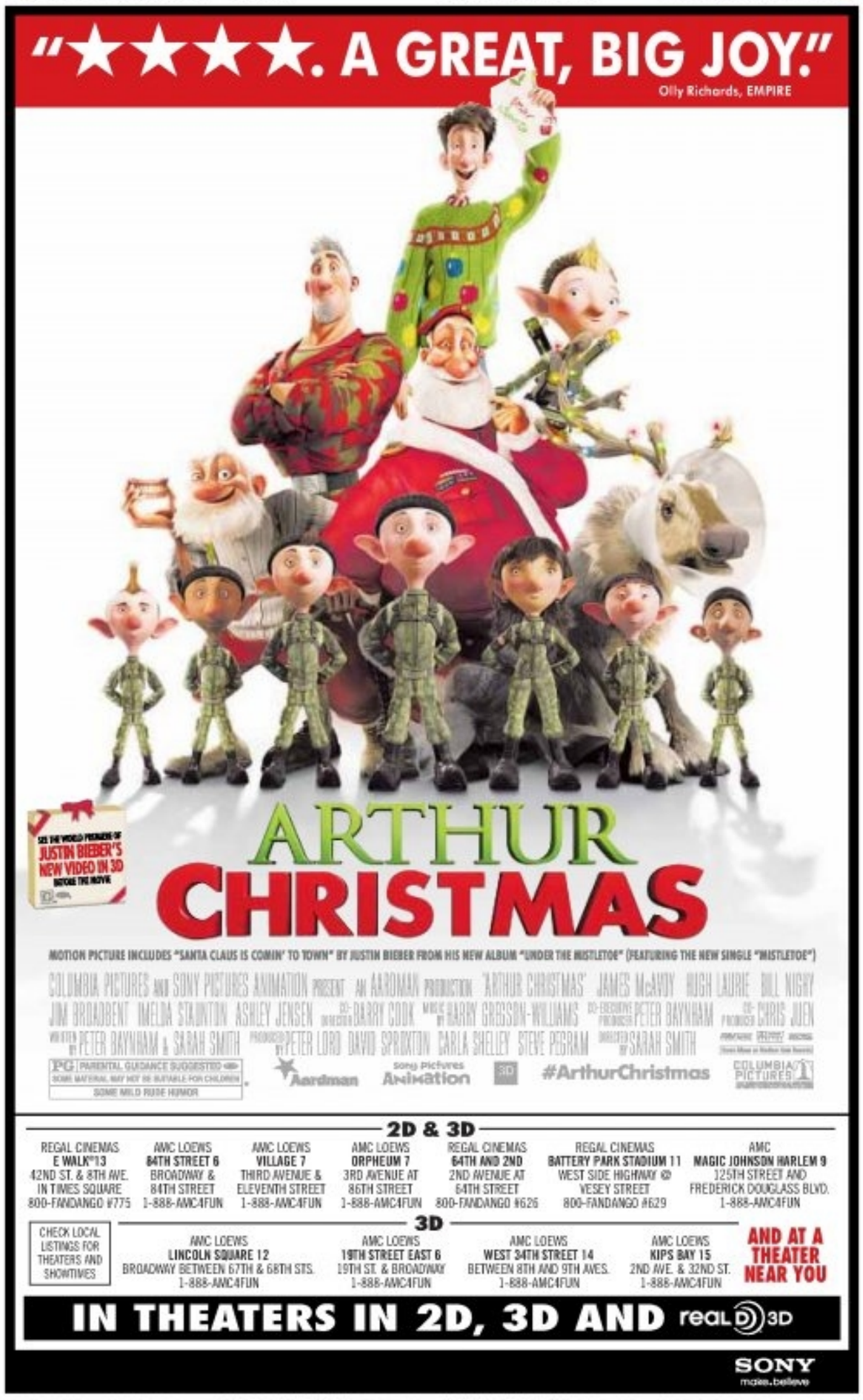
Film Forum
212-727-8110
209 W Houston St., Between 6th Ave and Varick St
FOUR ADVENTURES OF REINETTE AND MIRABELLE (NR) 1:00, 3:00, 6:00, 8:00, 10:00
THE LIFE AND DEATH OF COLONEL BLIMP (NR) 1:00, 4:10, 7:20
TOMBOY (NR) 1:00, 2:45, 4:30, 6:15, 8:00, 10:00

City Cinemas Cinemas 123
800-FAN-DANG 2705
1001 Third Avenue at 60th Street
THE IDES OF MARCH (R) 11:00, 3:45, 8:20
J. EDGAR (R) 11:45, 3:00, 7:00, 10:00
TOWER HEIST (PG-13) 1:20, 6:00, 10:40
THE TWILIGHT SAGA: BREAKING DAWN - PART 1 (PG-13) 11:00, 1:40, 4:20, 7:00, 9:40

UA 64th and 2nd
800-326-3264 626
2nd Ave. at 64th Street
ARTHUR CHRISTMAS (PG) 11:40, 4:45, 9:50
ARTHUR CHRISTMAS 3D (PG) 2:15, 7:20. RealD 3D
HAPPY FEET TWO (PG) Fri 11:20, 1:50, 4:20, 7:00; Sat 11:20-1:50-4:20.; Sun 11:20-1:50-4:20-7:00.
HAPPY FEET TWO IN 3D (PG) 12:10, 2:40, 5:10, 7:45, 10:20. RealD 3D
MONEYBALL (PG-13) 9:30
WE BOUGHT A ZOO (PG) Sat 7:00

Cinema Village
212-924-3363
12th St., Between 5th Ave and University Place
THE CONQUEST (LA CONQUÊTE) (NR) 1:05, 3:05, 5:05, 7:20
THE HEIR APPARENT: LARGO WINCH (NR) 9:15
IN HEAVEN, UNDERGROUND. THE JEWISH CEMETERY IN BERLIN-WEISSENSEE (NR) 5:00
KING OF DEVIL'S ISLAND (KONGEN AV BASTOY) (NR) 9:25
MY REINCARNATION (NR) 1:05, 7:00
RID OF ME (NR) 3:00, 9:00
THE WAY (PG-13) 1:00, 3:40, 6:30

IFC Center
212-924-7771
323 Avenue of the Americas
ALIEN (1979) (R) Fri and Sat 12:00
BEING ELMO: A PUPPETEER'S JOURNEY (NR) 10:40, 4:20
CAVE OF FORGOTTEN DREAMS 3D (G) 12:35, 6:15
EAMES: THE ARCHITECT AND THE PAINTER (NR) 12:10, 2:10, 4:10, 6:10, 8:10, 10:10
GRINDHOUSE: DEATH PROOF (R) Sat 12:05
GRINDHOUSE: PLANET TERROR (R) Fri 12:15
HOUSE OF TOLERANCE (L'APOLLONIDE - SOUVENIRS DE LA MAISON CLOSE) (NR) Fri 11:25, 1:45, 4:25, 7:05, 9:45, 12:10; Sat and Sun 11:25-1:45-4:25-7:05-9:45.
INNI (NR) Fri and Sat 12:40, 12:25; Sun 12:40.
INTO THE ABYSS (PG-13) 12:50, 3:05, 5:25, 7:45, 10:00
LE HAVRE (NR) 2:15, 10:05
LONDON BOULEVARD (R) Sat 12:10
THE MAN WITHOUT A PAST (MIES VAILLA MENNEISYYTTÄ) (PG) 11:00
NOCTURNA (NR) 11:00
URBANIZED (NR) Fri and Sat 2:20, 4:15, 6:05, 8:20, 12:20; Sun 2:20-4:15-6:05-8:20.
WEEKEND (2011/II) (NR) 10:50, 8:00, 10:15



How do you get to Carnegie Hall?

It's safe to say Jason Mraz practiced a whole lot Why he chose the famed venue for his three-show stint in New York

TIM WHITEHOUSE

▶ Read more of our interview with Mraz at www.metro.us.

If you go

Jason Mraz: A Special Acoustic Evening With Toca Rivera 2011
Tonight and Friday
Carnegie Hall
881 Seventh Ave.
SOLD OUT

It's nighttime in Indonesia when we get Jason Mraz on the phone, although day broke just a few hours prior in New York. Mraz is in Bali for his latest tour, which features just him and percussionist, Toca Rivera, performing at iconic venues like the Sydney Opera House and, this week, Carnegie Hall. Mraz gave us some insight into these stripped-down shows.

How's the tour going so far?
It's going superb. As a musician, you get spoiled when an audience gives you the silence that you crave. When there's a silent cavern for you to perform in, the sound exists in its truest form and I get off on that. I predict that will be what Carnegie Hall is about.

How did your New York shows come together?
We could come to New York and play in any theater or club, and our fans would come, but why not give them the experience of Carnegie Hall as well? And for the musician, it's perhaps the pinnacle. We're doing it partly for our own selfish reasons but also knowing that our fans really appreciate it.

One of your shows here will be just for children. Do you have babies on the brain?
I don't have babies on the brain [laughs], but I have many friends who have babies on their laps now. And the past couple of years I noticed that our fans are having babies. It's not that I want to make an album for kids, it's that I want to make an album for the parents who I know have to listen to kids albums a thousand times in a row. My brother [and I], for instance, who has a 5-year-old son, we get in the car and the most absurd music comes on — it's all like noise and bells and whistles and goofy voices and stuff, so I have compassion for him and wanna make an album for that.

What do you want fans to come away with when they leave your show?
I don't go out there with an expectation of what they're gonna walk away with, but I am open to the possibility that they could maybe for a moment get a sense of peace — or maybe for the duration of the show, or maybe that it carries with them through the week.

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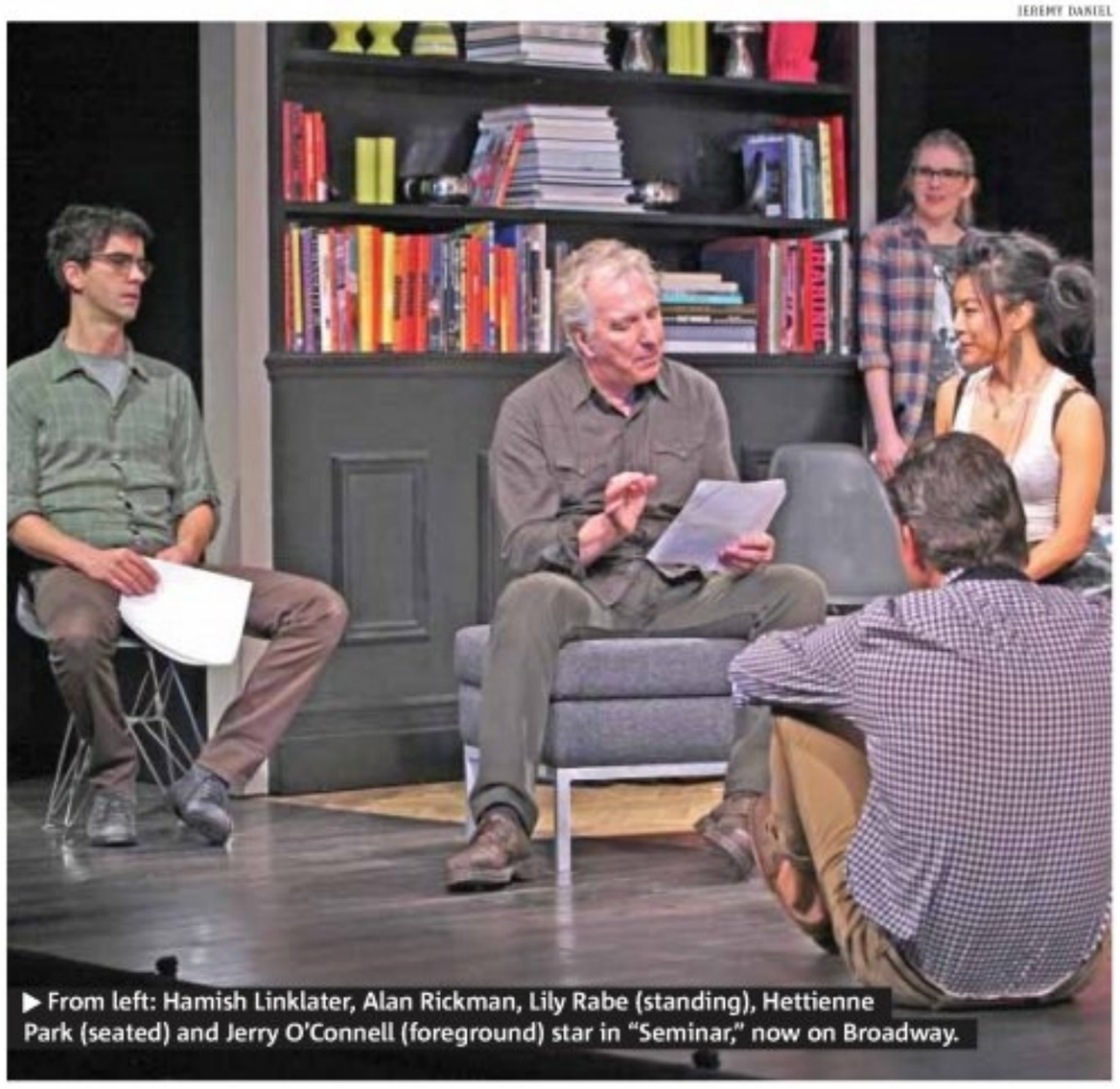

▶ From left: Hamish Linklater, Alan Rickman, Lily Rabe (standing), Hettienne Park (seated) and Jerry O'Connell (foreground) star in "Seminar," now on Broadway.

Fear and loathing in the writers' room

Alan Rickman plays a demanding mentor (again) to an all-star cast of students in 'Seminar' on Broadway

There's more than a hint of Severus Snape in Leonard, the author played by Alan Rickman in Theresa Rebeck's "Seminar" at the Golden Theatre. Like the Hogwarts professor Rickman embodied in the "Harry Potter" film franchise, Leonard instills fear and some loathing in the four would-be writers for whom he is conducting a private, pricey seminar. It's no surprise that Rickman shines, nailing every putdown with hauteur and precision. Nor is it surprising when we learn there's more to Leonard than nonchalant derision.

Surprises, it seems, are not in the syllabus for Rebeck's slender comedy — which does not prevent it from being enjoyable, thanks to its literate, witty dialogue, delivered by a top-notch cast. Leonard's students include Kate (Lily Rabe), a moderate feminist who's been working on the same story for six years, Izzy (Hettienne Park) a sexpot pragmatist who'll do whatever — and whomever — it takes to make it and Douglas (Jerry O'Connell), well-connected and facile, talented but hollow. And then there's Martin (Hamish Linklater), a brooding artist type who refuses to share his work with the class.

Feelings flounder, tempers flare, alliances realign. I won't spoil the ending; you'll probably see it coming anyway. Despite its clever touches, "Seminar" is formulaic. It's a delight to see Rickman hold court, especially with such a crisply written script and able courtiers. But his talents would be better served with more of a departure from Snape and a more substantial vehicle.

If you go

'Seminar'
Golden Theatre
252 W. 45th St.
$51.50-$126.50,
212-239-6200
www.telecharge.com

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More to Thanksgiving than cooking a turkey

RESTAURANT MARC FORGIONE

▶ Visit executive chef Forgione at Restaurant Marc Forgione (134 Reade St., 212-941-9401).

▶ 'Iron Chef' winner Marc Forgione on why he should cook for you this Thursday ▶ Special holiday menus

Dining out on Thanksgiving may seem like an egregious break from tradition, but think about it: No cooking means no cleanup. It's also a break from the same old sweet potato casserole.

For Marc Forgione, executive chef of his self-titled Tribeca restaurant, the best reason to eat out on Thanksgiving is to experience new interpretations of classic dishes.

Forgione became 2010's "Next Iron Chef" after winning a Thanksgiving-themed battle without preparing a turkey dish. "I have nothing against turkey!" he emphasizes, speaking to us from his restaurant. His strategy was inspired by the first Thanksgiving, at which, he says, no turkey was served.

Forgione, who collects American cookbooks dating back to the 1800s, learned that the meat course was actually venison brought by Native Americans. And the chestnut-stuffed cut that he served the Iron Chef judges may have helped him clinch the title.

▶ Forgione's maple-whipped sweet potatoes. Go to www.metro.us for the recipe.

This year's Thanksgiving menu at Marc Forgione emulates that first harvest — with a sophisticated twist. Guests will sit down to apple, chestnut and celery soup with truffle sabayon followed by delicata squash ravioli with Maine lobster and sage emulsion, as well as a pink-peppercorn-spiked cranberry sauce. Traditionalists (though Forgione would argue about whether the term applies) will enjoy roasted organic turkey breast ballotine.

Also on the menu is a dish from Forgione's personal Thanksgiving tradition: the maple-whipped sweet potatoes that his father taught him to make.

"It makes other sweet potato preparations pale in comparison," he says.

REBECCA FINKEL
letters@metro.us

Dining out

New favorites

See what some of our favorite New York restaurants are serving this Thanksgiving.

The Spotted Pig: This West Village gastropub is serving turkey two ways: legs stuffed with wild mushrooms or breasts wrapped in bacon and roasted on the bone. **www.thespottedpig.com**

Colicchio & Sons: Stephen Collucci offers a crafty take on an old standard: pumpkin pie with pickled cranberry jam and toasted marshmallow ice cream. **www.colicchioandsons.com**

Red Rooster Harlem: For a taste of the American South via Harlem, try Marcus Samuelsson's Mac & Greens with gouda, New York cheddar and comte. **www.redroosterharlem.com**

▶ La Bottega

La Bottega: This offbeat trattoria offers a convenient alternative to the big bird by serving individual roasted Cornish game hens with sausage stuffing. **www.themaritimehotel.com/labottega.php**

Alfama: Enjoy pumpkin pie in Portuguese with broa de abobora com frutas cristalizadas: a sweet pumpkin bread with candied fruit. **www.alfamanyc.com**

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Start a new, tasty leftovers tradition

You might not have cooked the meal (thanks, mom!) but you know your way around leftovers Surprise them by transforming turkey and mashed potatoes into crispy patties for an easy day-after-Thanksgiving breakfast

Weekend recipe

Turkey Hash Patties

Transform your turkey by shreddding it and add some crunch with diced carrot, onion and celery. Serve patties topped with a fried egg and hot sauce in the morning. Or place it next to some braised brussels sprouts or a simple salad for an easy dinner that doesn't taste like microwaved leftovers.

Ingredients

- 4 tablespoons vegetable oil
- 1 medium carrot, peeled and cut into small dice
- 1 medium celery stalk, small dice
- 1 medium yellow onion, small dice
- 2 teaspoons finely chopped fresh thyme leaves
- 3 cups shredded, cooked turkey (about 12 ounces)
- 2 cups cold mashed potatoes
- 1 large egg, lightly beaten
- ¼ cup all-purpose flour
- 1 tablespoon coarsely chopped fresh Italian parsley leaves
- ½ teaspoon kosher salt, plus more for seasoning
- ¼ teaspoon freshly ground black pepper, plus more for seasoning

▶ The patties can be formed up to 24 hours in advance. Follow the recipe through step 2, cover the baking sheet with plastic wrap and refrigerate until you're ready to cook the patties.

Instructions

1. Heat 2 tablespoons of the oil in a large nonstick frying pan over medium heat until shimmering. Add the carrot, celery, onion and thyme, season with salt and pepper and then cook, stirring occasionally, until the onions and carrots have softened, about 10 minutes. Transfer the mixture to a large bowl and wipe the pan clean with a dry, clean towel or paper towels; set the pan aside.
2. Add the remaining measured ingredients to the bowl (except for the oil) and stir to combine. Using your hands, form the mixture into six patties (4 inches wide, about 2/3 cup each) and place on a baking sheet.
3. Heat the remaining 2 tablespoons of oil in the reserved frying pan over medium heat until shimmering. Add three of the patties and cook undisturbed until the bottoms are dark golden brown, about eight minutes. Using a flat spatula, carefully flip the patties over and cook until they're dark golden brown on the other side, about eight minutes more. Transfer to a large plate and repeat with the remaining patties. Serve immediately.

CONTRIBUTED BY CHOW.com

CHOW.com has all your cooking and entertaining needs met. Visit us for our original recipes, how-to videos, cooking tips and advice on etiquette.

INTRODUCING...FREE LUNCH SWEEPSTAKES

Korean Food Foundation Launches Free Lunch Sweepstakes

Have you ever heard the expression "there's no such thing as a free lunch?" Well, now there is! Now through November 23rd, New Yorkers have a chance to win a catered Korean lunch for 20 people in their office in the Korean Food Foundation's Free Lunch Sweepstakes.

Five winners will be chosen daily and every entry to the Free Lunch giveaway will generate $1.00 to Action Against Hunger — a global humanitarian organization working to save the lives of malnourished children while providing safe access to water and sustainable solutions to hunger.

To enter, visit **facebook.com/tasteofkoreanyc**.

Lunch deliveries will consist of traditional and contemporary Korean dishes — ranging from bulgogi and japchae to fried chicken and kimchi tofu patties. The food will be prepared by one of nine popular NYC Korean restaurants. This exciting program is an effort to showcase Korean food as a healthy, well-balanced alternative to your usual lunch options. So whether you are looking to try a delicious new cuisine, impress a co-worker or are just strapped for cash, enter the Free Lunch Sweepstakes today and discover Korea's delicious secret.

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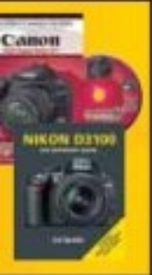

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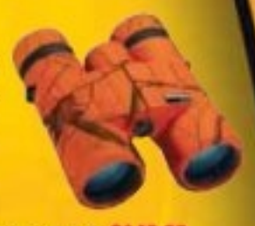

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The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Milla Jovovich is happy to be making another "Resident Evil" movie, Lisa Lampanelli is getting sticker shock, Virginia Madsen has done her civic duty, and Steve Martin may be in luck.

▶ **@MillaJovovich**
Aaaah!! Explosions, panic n general mayhem! Its good 2 b back at "camp evil"!

▶ **@LisaLampanelli**
New Stilton cheese sells for $430 a pound. If I wanna spend a lot of money on cheese I'll buy the 1st three seasons of 'Glee' on Blu-Ray!

▶ **@madlyv**
Released frm Jury Duty. Wonderful seeing so many willing to serve.

▶ **@SteveMartinToGo**
Need my turkey sprayed with pepper. Whom can I turn to?

Milla Jovovich

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip **@dorothyatmetro** **dorothy.robinson@metro.us**

The Roots let their feelings be known

The Roots have some 'splainin to do.

On Monday night's "Late Night With **Jimmy Fallon**," the band picked some inflammatory music for featured guest (and Republican presidential candidate) **Michele Bachmann** to accompany her walk onstage. The song they picked? "Lyin' Ass Bitch" by **Fishbone**.

And it wasn't a slip-up. **?uestlove** even told fans and followers to pay attention via Twitter: "aight late night walkon song devotees: you love it when we snark: this next one takes the cake. Ask around cause I aint tweeting the title," he wrote. Then, he even took it a step further by tweeting a link to the album and making fans guess which song they picked.

▶ Michele Bachmann appeared on Monday night's "Late Night with Jimmy Fallon."

As Spin points out, the Roots often use songs to express their feelings. Two notable examples are playing **Milli Vanilli** when notorious lip-syncer **Ashlee Simpson** came on the show, and introducing **Heidi Montag** and **Spencer Pratt** with **Beck**'s "Loser."

Both of those were tongue in cheek — and directed to fixtures of pop culture. This is a presidential candidate, congresswoman, woman and a foster parent to more than 23 children. No matter what you think of Bachmann's political views, it's offensive that a house band would sneakily suggest a woman is a "bitch" on national television.

If Fishbone had only come up with a ska song entitled "You Have Different Political Views Than Me — Many of Which I Find Utterly Misguided and Wrong — But We Live in a Country Where We Are Allowed to Have Different Beliefs and So We Will Just Agree to Disagree. Also, It is Not Polite to Call a Woman a 'Bitch,'" Fallon and The Roots would not find themselves in this pickle. And it will be a pickle. A huge, massive pickle.

Bieber gets swabbed

Between appearances lighting Christmas trees in London and performing at the American Music Awards, **Justin Bieber** managed to find time to stop at a New Jersey lab to take a paternity test, according to TMZ. The Canadian pop star took the test in a lab under "very controlled circumstances" last Friday. Sources tell the website there is a solid chain of custody and the entire process was very well-documented, making it difficult for **Mariah Yeater**'s team to challenge the validity of the test. The ball is now in Yeater's court, as the 20-year-old woman — who claims Bieber is the father of her 4-month-old son — has to provide DNA from the child for comparison for the case to move forward.

Talking points

J. Lo and Anthony spend time together

It might not be a reconciliation, but **Jennifer Lopez** and **Marc Anthony** reportedly spent some quality time together earlier this month while filming their reality show, "Q'Viva," in Puerto Rico, according to Us Weekly. Anthony picked up Lopez from the airport, and "Marc never stayed in his hotel room," the source says of their get-together. "It's inevitable," says the source. "Marc has this hold over her." But the alleged activity doesn't mean the couple is getting back together: "They may sleep together, but they're over."

Lay off Katy Perry's uterus

Katy Perry's recent decision to take some time off after her current tour to "work on family" naturally led some to speculate that the singer and husband **Russell Brand** are already expecting, but Perry insists that's not the case. "Hell no," Perry tells Hollyscoop when asked if she's pregnant. But that doesn't mean she's opposed to the idea, as she recently told **Ellen DeGeneres**. "I want to have kids. I'm totally fine with saying that," she said. "I would love to have children. I think that's one of the reasons you get married."

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DOROTHY ROBINSON'S WORD BLOG

Keibler is into oversharing

Stacy Keibler can't stop gushing about boyfriend **George Clooney**, announcing that they are "in love" via Twitter. "You know it's love when your boyfriend has elbow surgery two days ago and takes you to a Ravens game," Keibler posted to the social media site. "Especially when he's a Bengals fan." Clooney and Keibler were spotted at the game recently, with Clooney's arm in an elaborate sling. Keibler is a former Ravens cheerleader.

Keibler and Clooney

Celebs hit the streets of New York City

▶ **1:** Avril Lavigne was spotted at a taping of "Good Morning America" at ABC Times Square Studios in New York City on Tuesday.
▶ **2:** Morning show competition alert! Joe Don Rooney, Gary LeVox and Jay DeMarcus of Rascal Flatts performed on NBC's "Today" in the Today Plaza in New York City on Monday.
▶ **3:** Jason Bateman and Olivia Wilde were filming "The Longest Week" on the streets of Manhattan on Monday.
▶ **4:** Stacy Ferguson, better know as Fergie, attended the launch part of Ubisoft's latest music video game, "The Black Eyed Peaks Experience," at Supperclub in Los Angeles on Monday.
▶ **5:** Kate Moss attended "The Hoping Variety Show: A Benefit Evening For Palestinian Refugee Children" at Cafe de Paris in London on Monday.
▶ **6:** Jessica Alba arrived at the Swarovski Elements and Rodeo Drive Holiday Lighting Ceremony in Beverly Hills, Calif. on Monday.
▶ **7:** Lady Gaga donned a bulbous white dress as she attended the ribbon cutting ceremony for Gaga's Workshop at Barneys New York in New York City on Monday.

1: RAY TAMARRA/GETTY IMAGES
2: SLAVEN VLASIC/GETTY IMAGES
3: ABY BAKER/GETTY IMAGES
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THE RUNDOWN

Metro's guide to what's happening in your city this week

GETTY IMAGES

▶ Catch Stanley Kubrick's classic "2001: A Space Odyssey" at BAM.

Theater

'Burning'
Through Dec. 17, The Acorn at Theatre Row, 410 W. 42nd St., $61.25
"Burning" is an irreverently entertaining look at three unconventional families — interracial, gay and neo-Nazi — connected by the arts, funerals, sex, drugs and Emily Dickinson. Thomas Bradshaw does a great job keeping each family unit distinct, and building anticipation for their coming together. JOHN PEACOCK

Film

'2001: A Space Odyssey'
Thursday and Friday, Brooklyn Academy of Music, 30 Lafayette Ave., Brooklyn, $11
Celebrate the holiday with a space voyage to Jupiter, monoliths on the moon, and an almost human computer named HAL. For two days, part of BAMcinematek's Sci-Fi Thanksgiving, Stanley Kubrick's classic meditation on man's place in the universe takes to the big screen. ROZALIA JOVANOVIC

Paul Sharits
Through Jan. 14, Greene Naftali, 508 W. 26th St., eighth floor, free
Flicker effects, flash frames, multiple projectors and infinite film loops make up the visual vocabulary of Paul Sharits, one of the experimental filmmakers part of the '60s avant garde movement that would become known as Structuralist film. RJ

Dance

Voidwell Homecoming Dance
Saturday, 10 p.m., Le Poisson Rouge, 158 Bleecker St., $12
Gordon Voidwell is rap geek Will Johnson, who hits LPR Saturday night by way of the Boogie-down Bronx, headlining his second annual Homecoming Dance. His funky electro has critics drooling; comparisons to both Prince and George Clinton crop up often. LT

Shopping

Housing Works Black Friday Blowout Sale
Friday, 10 a.m. to 9 p.m., Housing Works Bookstore Cafe, 126 Crosby St., free
Normally you couldn't pay us to do any Black Friday holiday shopping. But a massive sale at Housing Works' bookstore and cafe does the trick. Take 30 percent off everything in the store, from books and LPs to DVDs. LT

Music

Chick Corea

Through Sunday, Blue Note, 131 W. Third St., $45-$65
At 70, jazz piano legend Chick Corea, right, shows no signs of slowing down. Quite the opposite: He's celebrating his birthday by playing almost a month of consecutive gigs alongside 10 different groups providing backup and inspiration. He's joined by everyone from Bobby McFerrin and Herbie Hancock, to fellow Miles Davis alumni and the Harlem String Quartet. LEAH TAYLOR

Culture

Neo Rauch: 'Helistatten'
Through Dec. 17, David Zwirner, 533 W. 19th St., free
German artist Neo Rauch presents a selection of paintings and sculpture that combine realism with surrealist abstraction. Humans, animals and barren landscapes become collage elements in Rauch's dreamlike cosmos, a universe that has a beguiling logic all its own. RJ

Outside

Prospect Park Turkey Trot
Thursday, 9 a.m., Prospect Park, $16-$40
Kick off a day of feasting with an early morning jog. The Prospect Park Track Club holds its annual 5-mile run on Thanksgiving Day. And if you're one of the first three finishers overall, you walk away with a holiday pie. RJ

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▶ Jill Scott

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www.showboatac.com

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FAMILY

Buddy "Cake Boss" Valastro
Saturday, 9 p.m.
Tropicana Casino And Resort
$35-$55, 609-340-4020
www.tropicana.net

In this live, interactive event, TLC's Cake Boss will share the stories behind his hit series and his colorful Italian family, answer audience questions, and give a live demonstration of the techniques that have made him one of the most successful cake artists in the nation.

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Zen in the city

GABRIELLE BERNSTEIN

AUTHOR OF "SPIRIT JUNKIE"

www.gabbyb.tv

FALL: THE SEASON OF CHANGE

Your stress level is likely climbing as the holidays draw nearer, but the autumn weather can do wonders for your spirit. Allow our newest expert, Gabby Bernstein, to explain.

Fall is my favorite season — I love the foliage, the chilly air and the awesome fall fashion. I also love this season because it's a time for self-reflection, offering us an opportunity for personal growth.

I could get caught up in craziness of city life, but instead I choose to get my Zen on. I let the seasonal change guide my process: while the air is brisk and the streets are still dry, I go for long walks. In the midst of the city's chaos, I can find my calm. Here's what I do:

I throw on my favorite booties and coat and hit the streets. I press play on my positive-perception playlist and walk to the nearest park. The music, fresh air and beautiful fall colors offer a backdrop for a powerful shift in perception. The moment I step onto the street I feel my energy shift and notice my thoughts change.

Upon entering the park, I perch on a rock or a bench for meditative stillness. I breathe in my nose and out my mouth. Centering myself into the moment, I allow peace to come over me.

If you're inspired to do the same, let fall be your guide. Bundle up, press play on your iPod and get your Zen on!

*— **Gabrielle Bernstein** is the author of "Spirit Junkie."*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 300-word submissions to letters@metro.us.

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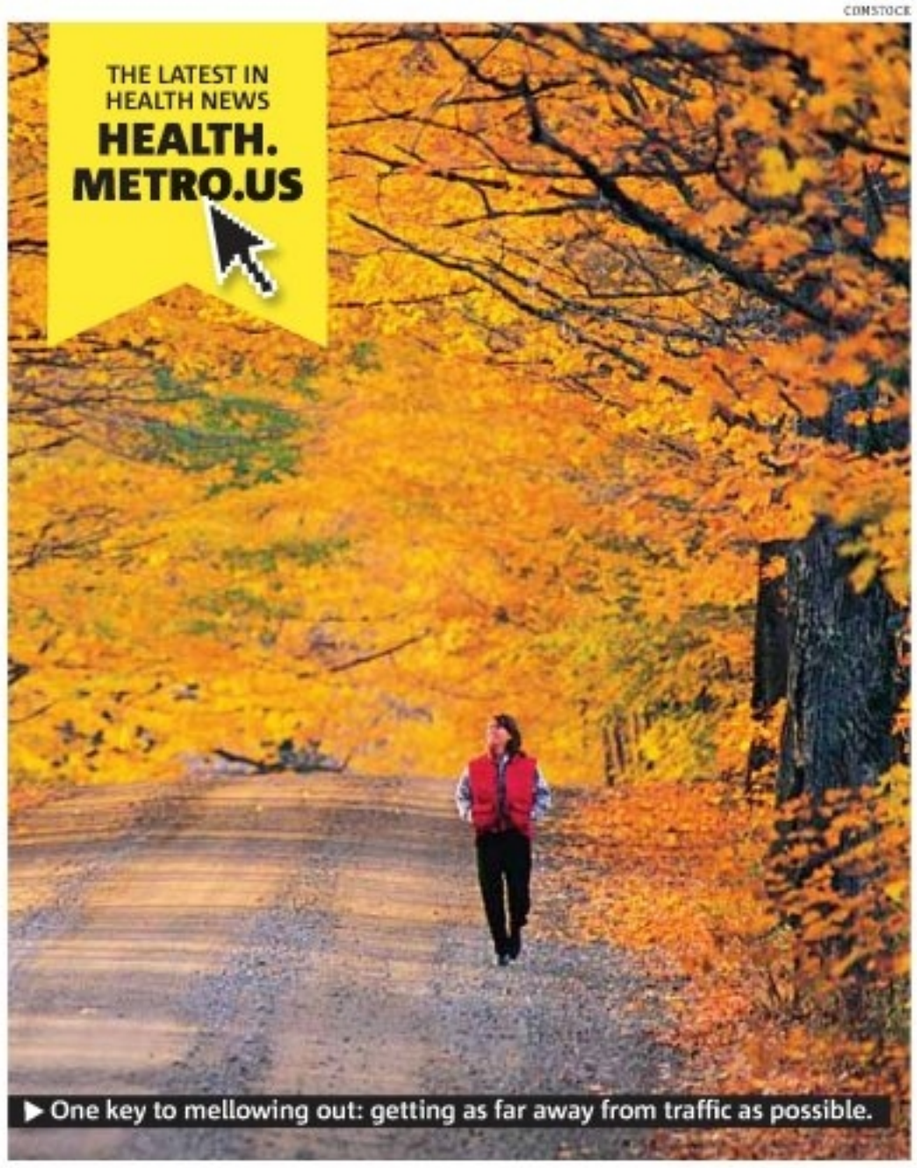

▶ One key to mellowing out: getting as far away from traffic as possible.

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MEREDITH ENGEL

Seeking inspiration?

On last Thursday's Guinness World Records Day, where 300,000 people around the world set out to add their names to the hallowed Guinness chronicles, 91-year-old Bernice Bates picked up the record for being the world's oldest yoga instructor. She's been teaching for 50 years and still does in her retirement community today. "Bernie," as students call her, is said to be nearly as flexible as she was 50 years ago, and does not have any medical issues. If she can get posing, you can too! METRO/ME

Strike a pose

Yoga pose of the week: Upward-facing dog/Urdhva Svanasana

You've likely heard of (or tried) downward-facing dog. Now meet its reversal. METRO

WHAT TO DO:

1 Lie on your stomach. Stretch your legs back, with the tops of your feet on the floor. Bend your elbows and spread your palms on the floor beside your waist so that your forearms are relatively perpendicular to the floor.

2 Inhale and press your inner hands firmly into the floor and slightly back, as if you were trying to push yourself forward along the floor. Then straighten your arms and simultaneously lift your torso up and your legs a few inches off the floor on an inhalation. Keep the thighs firm and slightly turned inward, the arms firm and turned out so the elbow creases face forward.

3 Press the tailbone toward the pubis and lift the pubis toward the navel. Narrow the hip points. Tighten, but don't harden, the buttocks.

4 Firm the shoulder blades against the back and puff the side ribs forward. Lift through the top of the sternum, but avoid pushing the front ribs forward, which only hardens the lower back. Look straight ahead or tip the head back slightly, but take care not to compress the back of the neck and harden the throat.

5 Hold anywhere from 15 to 30 seconds, breathing easily.

– Pose courtesy of Stephanie Knutsson, Bodyism Yoga instructor

Benefits

- Improves posture
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THANK YOU, OCCUPY WALL ST.

The Week That Was: Opinion

We here at The Week That Was find ourselves with a remarkable surplus of gratitude this Thanksgiving season. Without further ado:

Thank you, George W. Bush, for facilitating the global recession. Thank you, President Obama, for rousing so many to the idea that U.S. electoral politics is truly hopeless. And thank you, Elizabeth Warren, for giving it a try anyway.

Thank you, Egypt. Thank you, Tunisia. Thank you, Libya and Bahrain and Syria and Yemen.

Thank you, mothers and fathers, for working, if you can. Thank you, sons and daughters, for going to school — even if it seems that you may never pay off those loans.

For that matter: Thank you,

teachers. Thank you, emergency service personnel. Thank you, unionized labor. Thank you, Romanian cab driver who earlier this week instructed us: "Don't stop dreaming."

And thank you, most of all, to our national Occupiers — for reminding us that we actually have a stake in our own governance. Thank you, Seattle, Oakland, Denver, New York, L.A. and all the rest. Thank you, Adbusters, for dreaming up and organizing this movement. Thank you, protesters, for sleeping in the street, in the rain and snow, under threat of attack by police and the deranged. Thank you, UC Davis students, for standing firm in the face of brutality and validating our right to peaceably assemble by proving it doesn't really exist.

Thanks for your sacrifice. Thanks for pushing back. Thanks for showing we're all in this together.

BRAYDEN SIMMS
brayden.simms@metro.us

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Please send 100-word submissions to letters@metro.us.

Horoscope

♏ Scorpio **Oct. 24-Nov. 22.** This can be a good day when it comes to some kind of personal achievement for which you're striving. You're likely to get the break you've been looking for.

♐ Sagittarius **Nov. 23-Dec. 21.** Even if certain prospects appear fuzzy, continue to be hopeful. Positive aspects are working behind the scenes, helping you achieve your aims.

♑ Capricorn **Dec. 22-Jan. 19.** Lucky you: A friend is in a position to help you pull off something that you've long been working for. If you keep the required secrecy, you'll be able to profit handsomely.

♒ Aquarius **Jan. 20-Feb. 19.** The present aspects under which you're working will produce exactly what you're hoping to accomplish. Thus, any commitment you make will benefit everybody involved.

♓ Pisces **Feb. 20-March 20.** Watch for an unusual opportunity that could enable you to strengthen your position in a joint endeavor. The other parties could profit as well, but chances are you'll do better.

♈ Aries **March 21-April 19.** Check with friends to see if anybody has some good ideas for fun activities. An excellent suggestion might come from the quiet one in the group.

♉ Taurus **April 20-May 20.** Favorable conditions are moving in your direction, which could have an effect upon your work, finances or even your leisure hours. It seems that when one thing goes right, everything else does as well.

♊ Gemini **May 21-June 20.** Concentrate on matters that require either a verbal or written commitment. If you've made a promise of some kind, be sure to follow through on what you pledged to do.

♋ Cancer **June 21-July 22.** Keep all your avenues open, so that you'll be able to act immediately when thyey give off positive signals. You could profit from more than one source.

♌ Leo **July 23-Aug. 22.** Something constructive can be done to uplift your financial position, so take advantage of any chance you get for gain, no matter how small it is. Lady Luck is in your corner right now.

♍ Virgo **Aug. 23-Sept. 22.** You'll be at your best when it comes to anything that has to do with profit. Something financially constructive can be advanced.

♎ Libra **Sept. 23-Oct. 23.** News is coming your way that will encourage you to revive a social endeavor on which you worked hard and long, but gave up on. It can be successful if you do now as you first planned.

BERNICE BEDE OSOL

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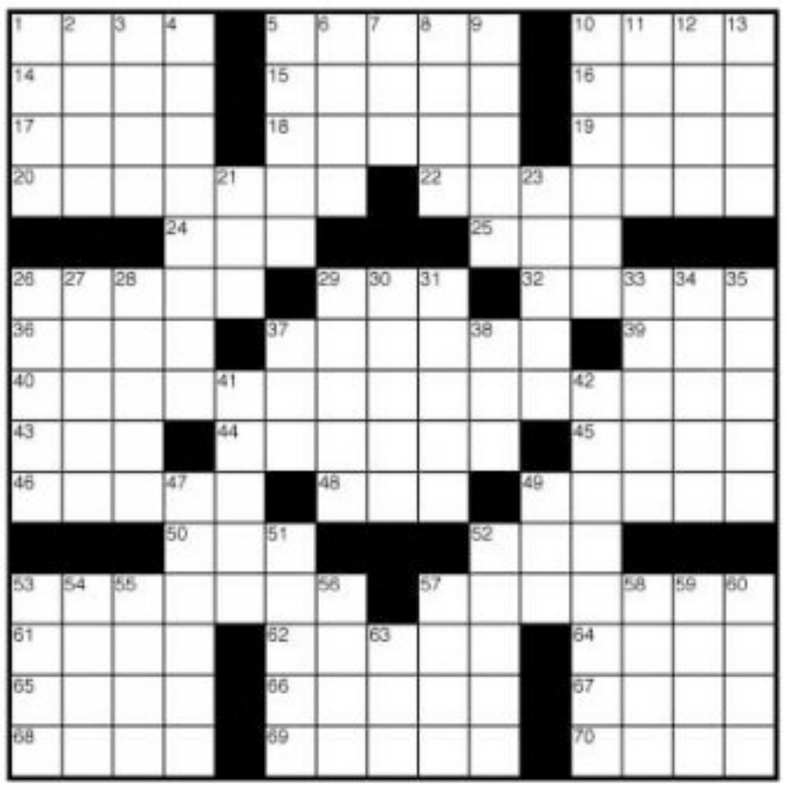
5 Uses a Kindle
10 Glance over
14 Past deadline
15 White heron
16 Natural impulse
17 Jannings of old films
18 Pie pro
19 Fastidious
20 Give a hand
22 Sprinkles
24 Quick lunch?
25 Princess perturber
26 Mrs. Eisenhower
29 Stray dog
32 Rental agreement
36 Constantly
37 Bluesman Muddy __
39 Brown of renown
40 Flee (4 wds.)
43 Former C&W channel
44 Sea off Greece
45 Marathoner's stat
46 Purplish flower
48 Moon or sun
49 Coral reef locale
50 I, to Fritz
52 Reaction to fireworks
53 Level place
57 Pierre or Helena
61 Apiece
62 Cherry or lime
64 Mark's replacement
65 Chariot race locale
66 Sample
67 Wild guess
68 PC owner
69 Leaves laughing
70 Float downriver

Down
1 Kind of collar
2 Light source
3 Take __ __ from me!
4 New Zealand honeyeater
5 Confute
6 By Jove!
7 Hot Springs st.
8 Fathomless
9 Hone a razor
10 Ice cream treat
11 Ontario tribe
12 Biochemist's gel
13 Fishing gear
21 Tavern fare
23 Cardiff natives
26 Conductor Zubin __
27 Arctic bloom
28 Signified
29 Hold contents
30 Make a sound
31 Fixed-up building
33 Kate's sitcom friend
34 1965 march site
35 German industrial center
37 Misfortune
38 Toon Chihuahua
41 Silly comedy
42 Scratchiest
47 This or that
49 Comics caveman
51 Knife handles
52 Joyce Carol __
53 Land of llamas
54 Burma neighbor
55 Crowning point
56 Europe-Asia range
57 Metropolis
58 "Swan Lake" costume
59 Desert dweller
60 Ear part
63 Neighbor of Mex.



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		5		8		7		
4	6			3	5			
7	5					1	6	
	3	2					9	5
			9	1			2	4
		8		5		9		
	1				7	6	5	

SUDOKU **LEVEL: EASY**

		1		4	3	9		
3			9	7			4	8
		4			8			
7	5		4					3
4					7		2	1
			3			2		
5	1			6	9			7
		3	7	1		5		

SUDOKU **LEVEL: HARD**

Solution to Tuesday's crossword

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Are you ready for some payroll taxes?

Unlike the NBA, MLB can actually agree on a new CBA ◗ League made announcement of deal's details on Tuesday ◗ Yanks, Sox will be affected

GETTY IMAGES

▶ MLB Commissioner Bug Selig shakes hands with Red Sox pitcher Andrew Miller at Tuesday's announcement.

Major League Baseball and the Player's Association announced the details of a new collective bargaining agreement Tuesday that will keep labor peace through 2016.

That's the good news.

The bad news — big market clubs like the Red Sox, Yankees and Phillies will all have some new issues to contend with.

In MLB's continuing quest for parity the new CBA includes multiple changes to the luxury tax, free agent signing rules and a new tax on signing players from the MLB draft.

While it's unlikely sides would ever agree on a salary cap, they did make changes to the luxury tax already in place. Not only will teams owe the amount over the tax threshold, they will now be taxed on that percentage.

According to reports, the new luxury cap will be $178 million in 2012. Go over that with your payroll and you'll pay a 42 percent tax. In 2013, that increases to 50 percent.

The only three teams remotely close to $178 million in 2011 — the Red Sox ($164 million, Phillies ($165 million) and Yankees ($207 million).

Also working against the big market clubs will be new rules on signing draft picks. MLB has had a recommended contract for each slot in the draft. However, they had no rules in place to enforce it. Small market teams were priced out of signing some top talent, while big market clubs like the Yankees would pay above slot — sometimes way above — at the back of the round. There's still no hard slotting, but teams will now pay a tax based on how far over slot they pay draftees.

What you need to know

Unfortunately for New York fans, big market clubs will be affected the most in the new CBA.

- **The Yankees went** over slot on three of their first six picks in 2011. Next year, they would be taxed.
- **Andrew Brackman,** the Yankees' first-round pick in 2007, received a major league deal. This will no longer be allowed.

HGH test to be put in place

Maybe the most mentioned addition to the new CBA will be the implementation of human-growth hormone testing.

Every player will be tested during spring training, while select players could be tested during the season "with due cause."

A positive test will result in the same penalties as other performance-enhancing drugs — 50 games on the first positive test, then 100 games and a ban on the next two.

Random offseason testing will begin following the 2012 season. METRO

In the news

Braun wins NL MVP award

Ryan Braun and Matt Kemp were statistically similar players in 2011. The difference was the teams they played for.

Braun was named the NL MVP Tuesday after leading the Brewers to their first divisional championship since 1982, beating out Kemp by getting 20 of 32 first-place votes. Kemp received 10 first-place votes.

MARK OSBORNE
mark.osborne@metro.us

2

The news that leaked last week about adding two new Wild Cards in each league is also part of the CBA. They would likely play each other in a one-game playoff.

26

As part of the new CBA rosters will increase from the usual 25 up to 26 for select doubleheaders. The extra player would only be available that day.

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GETTY IMAGES

▶ Slauson, left, was quiet about his touchdown on Twitter.

Twitter in the trenches

◗ Jets guard Matt Slauson dives into world of social media ◗ Team trying to connect with fans through new means ◗ But it can be a slippery slope

To tweet or not to tweet, that is the question.

On Saturday afternoon, Jets guard Matt Slauson sent out a tweet, announcing his presence to the online world. Slauson had the Twitter account for a while but never used it. With some cajoling from his agent and wife, he ventured into the world of social media.

"Hey twitter world. This is my first official tweet. Thanks for having me. It's giving me something to do while I sit in the cold tubs," Slauson tweeted.

"I got it on my phone so we'll see; just let the good times roll."
MATT SLAUSON, ON JOINING TWITTER (@MATT_SLAUSON)

It was the opening foray into the world of "140 characters or less" as Slauson has now begun to connect with social media and Jets fans in a new way. A number of his teammates tweet, including the often humorous Nick Mangold and the usually uplifting Antonio Cromartie. It is a world that Slauson waded into slowly.

"Well I've had a Twitter account for about a year, haven't done anything with it. Been scared of it — decided to send out a tweet and see how it goes," Slauson told Metro. "Kind of getting back into that social media thing, I was a little timid."

It can be a scary world, as athletes are quickly realizing. Tweets can be misconstrued and can go viral in a matter of minutes. Earlier this week, Redskins receiver Jabar Gaffney tweeted at a fan heckling him on Twitter that "3-7 ain't a record to be proud of I'm just proud I ain't you get a life or kill urself."

KRISTIAN DYER
letters@metro.us

Yankees hike ticket prices

If you're planning on joining the Bleacher Creatures in 2012, you'd better search for a little more change in your seat cushions.

The Yankees announced new pricing plans for next season. And while many ticket prices are going down, the "cheap seats" are no longer quite as cheap.

Ticket prices will go up from $15 to $20 for all non-obstructed view bleacher seats.

Most of the rest of the seats — 70 percent according to the Yankees — will remain unchanged or decrease. The only seats that will descrease, however, will be field-level Grandstand seating.

The Yanks also announced new 11- and 12-game ticket packages that include Red Sox tickets.

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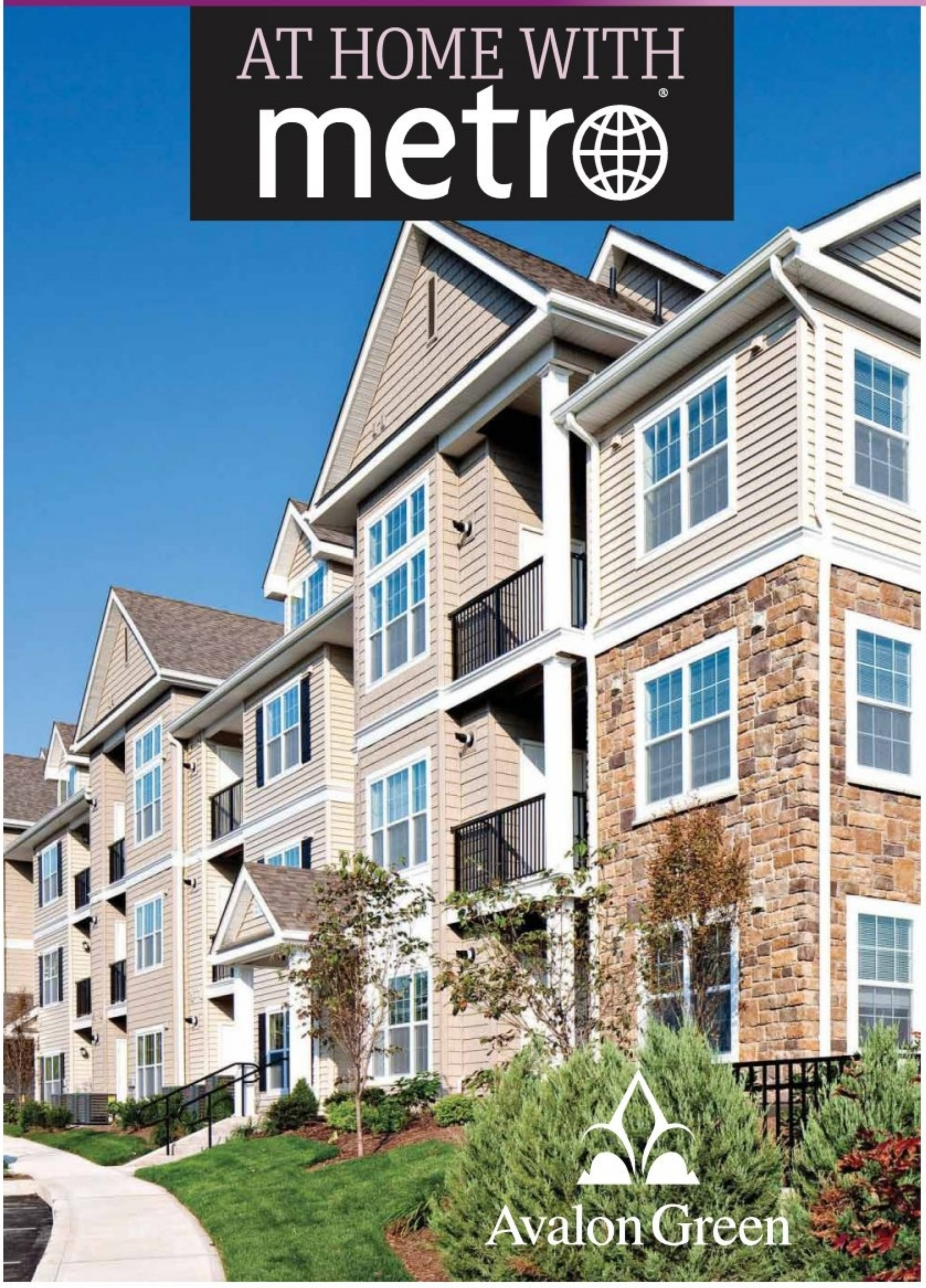

Market watch

CHEAPEST
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The cheapest unit listed this week is a studio at 417 Riverside Drive. This co-op, one block from Columbia University with 11-foot ceilings, is listed by Fenwick Keats for $239,000.

PRICIEST
$27.5M
101 W. 67th St.
The most expensive property listed this week is a penthouse at 101 W. 67th St., The Park Millenium. This four-bedroom condo, with panoramic views of Central Park all the way down to the Statue of Liberty, is listed by Prudential Douglas Elliman for $27.5M.

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For more information, visit www.AvalonGreenApts.com

SUPERSIZE AMENITIES

Forget laundry, doorman or a gym — these days, a building isn't balling without a spa or rock climbing wall

'Generally, developments are going toward roof decks and lounges'

When it comes to condominium amenities, private luxury spas seem a long way from such basics as on-site laundry. But the past few years have seen spas become almost as normal an apartment addition as a fully stocked gym and swimming pool. In Manhattan, 515 E. 72nd St. opened its in-house Elements Spa in September, offering residents (and visiting friends and family) everything from massages to nail treatments. In Philadelphia, Waterfront Square features a luxury European Spa boasting treatment rooms as well a sauna and steam room. In Boston, 45 Province's Exhale spa is also exclusively for residents. Besides a spa, fitness facilities and heated pool, 45 Province offers valet parking, a screening room, fireside library and onsite Montessori pre-school.

But the supersize amenities aren't stopping there. New York's The Aldyn has a bowling alley — plus basketball and squash courts, a rock-climbing wall and a golf simulator. Never mind the yoga, Pilates and other fitness initiatives onsite — all of which is exclusive for residents.

▶ The Aldyn in NYC features amenities such as a bowling alley as well as basketball and squash courts.

515 E 72 ST.

▶ The gym at 515 E. 72 St. in NYC features a rock-climbing wall.

"Amenities have become the in-building entertainment," says Larry Kruysman, sales director for The Aldyn, which is part of Extell Developments portfolio. "People are looking for opportunities to socialize and experience quality time with friends and family."

However, Kruysman doesn't think huge facilities like the Aldyn will become the norm. "It made sense for Extell to do it here. We had the empty space and 700 apartments to share the expense and make it affordable for residents. Generally, developments are going toward studio and one-bedroom apartments with outside areas where residents can entertain friends, like roof decks and lounges. Smaller developments will remain the norm."

The cost

WATERFRONT SQUARE

▶ Waterfront Square residents get a view with their pool.

- Amenities are reflected in monthly common charges.
- **515 East 72nd St.** has one-bedroom condos starting at at **$724,500** and monthly common charges are **$1,400**. Spa prices, however, are comparable to any commercial luxury spa: around **$125** for a 60-minute massage.

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